

PRESS RELEASE

Should you use a DIY home testing kit?

Self care is more important than ever. But if you're worried about any aspect of your health, it's important to get proper advice from a healthcare professional. You can buy a wide range of DIY home testing kits online and on the high street. But it's important to choose the right test for you.

In the Summer 2020 issue of The Menopause Exchange newsletter, Victoria Goldman, health journalist and editor, provides a summary of some of the useful DIY home testing kits available from pharmacies. These include cholesterol testing, Canesten Self-Test (for thrush and bacterial vaginosis), Boots cystitis testing and blood pressure monitors. Some pharmacies offer in-store testing too.

“Not all home testing kits are accurate or easy to use, and some may make you worry unnecessarily about your health,” says Norma Goldman, founder and director of The Menopause Exchange. “That’s why it’s important to buy them from a reliable source, such as a pharmacy, and speak to a pharmacist or GP about the results.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women, men and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, complementary practitioners, pharmacists, dietitians etc.

Articles in the Summer 2020 issue of The Menopause Exchange quarterly newsletter include Starting on HRT, ‘Is this the menopause?’ and Are medicines stripping you of nutrients?, as well as news, Ask the Experts Q&As and information about Norma Goldman’s webinars, talks and workshops.

Looking for case studies and real life stories? The Menopause Exchange has a number of members who are happy to talk to journalists about their menopause experiences. The members are based in different parts of the UK, which may be of interest to regional publications as well as national ones. Many of the case studies are willing to provide a name and photograph, if required.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, www.menopause-exchange.co.uk. Find us on Facebook and Twitter (@MenopauseExch).

For more information, call 020 8420 7245, e-mail norma@menopause-exchange.co.uk or write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS.

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: The menopause at work; Menopause in different cultures; Skin changes at the menopause; Stopping HRT; Complementary and alternative medicines for the menopause; Coffee and tea at the menopause; Diabetes and the menopause.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives webinars, talks and workshops on the menopause to women, men and employees in the workplace including hospitals, women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions. Her daughter, Victoria Goldman, the editor of the newsletter, is an experienced health journalist, editor and proofreader, with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, men, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
5. All press enquiries to Norma Goldman on 020 8420 7245.