

## **PRESS RELEASE**

### **Top menopause survival tips**

Struggling with menopausal symptoms? Looking for some help and advice? Well, you've come to the right place.

In the Winter 2020-2021 issue of The Menopause Exchange newsletter, nurse consultant Debbie Holloway lists her 13 top menopause survival tips, with ideas on how to achieve them, including:

- Be kind to yourself
- Keep cool
- Be aware
- Think about your sex life
- Make work changes
- Move and keep moving

“Making simple changes to your lifestyle or mindset can make a big difference to your menopausal symptoms,” says Norma Goldman, founder and director of The Menopause Exchange. “So we've summarised some of the main things you can do to help make your menopause an easier journey. The top tips are listed on one page, so you can refer to it easily.’

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.

Other articles in the Winter 2020-2021 issue of The Menopause Exchange quarterly newsletter include who can't take HRT?, stages of the menopause and ovarian cancer, as well as news, Ask the Experts Q&As and information about Norma Goldman's webinars.

If you're looking for menopause case studies, we may be able to help. Many of our members are happy to be quoted or featured in publications. Please email Norma Goldman at [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245 for details.

**Menopause webinars:** Your readers may be interested in organising a webinar for their family and friends or workplace. For over 21 years, Norma Goldman has been presenting menopause talks and workshops. She is now presenting webinars on 'Understanding the Menopause' for women, men, healthcare professionals, journalists and women's groups and 'The Menopause at Work' for employers, managers and anyone who is responsible in the workplace for the wellbeing of employees. **To attend a webinar, arrange one for a group of friends or for your workplace or find out more information, e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk) or call 020 8420 7245.**

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, [www.menopause-exchange.co.uk](http://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](mailto: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: Workplace menopause policies & guidance; Menopause in different cultures; Less common menopausal symptoms; HRT questions you forgot to ask your doctor; CBT and mindfulness; Nutrition and immunity; Thyroid problems 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 and she is a public speaker. 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.