

Menopause *matters*TM

Autumn 2022 £4.99

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Taking back control in a positive way

OUR MENOPAUSE
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MENOPAUSE**

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Upwards n onwards

As Trudi Roscouet says these are interesting times in the menopause world! So much is happening and now she and the Menopause ambassadors, are getting ready for October – World Menopause Day and ‘Menopause Awareness’ month.

“I was very fortunate to meet Carolyn Harris, the Labour back bencher who is the co-chair of the Menopause Task Force back in May. She was fortunate to lead the Bill through Parliament to reduce HRT costs back in October 2021 – but still, to this date, the Conservative Government has not enforced this ruling. →



• Trudi Roscouet.



• Above - professional women including faces in the public eye who have supported the Menopause Mandate.

I feel the great thing that came out of June was the Menopause Mandate: a group of professional women, some in the public eye like Carolyn, Mariella Frostrup, Davina McCall, Lisa Snowdon and Penny Lancaster who have been very open about their perimenopausal symptoms and also other doctors and authors who are all specialists in their own right. The Mandate has four mission statements –

1) Education for All – 41% of UK schools do not have menopause on their curriculum. Many doctors are not educated to a particular standard unless they choose to specialise.

2) Stop the Scaremongering about HRT – The official stance of the British Menopause Society is that for most women the benefits of HRT outweigh the risks.

3) Get it Right - Statistics from the Nuffield Health Group have revealed that just over a quarter of women who visited a GP said the possibility of their symptoms being menopause wasn't addressed. Only one in five was prescribed HRT.

4) Affordable and Accessible HRT - All prescriptions, including HRT, are free in Scotland, Wales and Ireland so would be great to have similar in England.

You can take action and sign up at www.menopausemandate.com/sign-the-petition. This is an opportunity for women to make their voices



• Trudi and MP Carolyn Harris, co-chair of the Menopause Task Force have made their voices heard.



heard and let's see what happens during the next quarter.

Menovest

Of course, we also had the MenoVest event in July. This was developed by Theramex and OvertheBloodyMoon and simulates hot flushes. Some male MPs gave it a try and here's how they found it:

"It made me think that men have to be a lot more tolerant of women who are going through enormous changes. The banter 'You know, it's just menopause' has got to stop."

Sir Iain Duncan Smith, MP Chingford and Woodford Green

"I had no idea how distracting and uncomfortable menopause can be. This is just one aspect of menopause but, as has been explained to me, there are many others that may happen at the same time. It's awful. If men had this, there'd be a lot more complaining all the time!"

James Sunderland, MP Bracknell

Of course, all this work is amazing and is getting public interest and hopefully governments' attention – but what about us women still going through the myriad of symptoms.? How do we help ourselves to push through the barrier of regaining control?

One of the things I have spoken about in my series of podcasts on 'Breaking Taboos on Health' is how to



change our mindsets when, at this point in time, a deep black cloud can seemingly be hanging over us. Not only psychologically but physically – by feeling tired we can make poor choices in food, do not feel like exercising, which in turn gives us poor quality sleep. So, how do we get ourselves out of this rut?

Grounding

I love 'grounding.' It doesn't matter how we feel but getting out, barefoot either on the beach, in the garden, through a forest with bare feet and squeeze those toes tight into the soil or sand causes all kinds of electro shifts. I have been working with a lady who was signed off due to the



• MenoVest saw Sir Iain Duncan Smith (below right) and James Sunderland (left) feeling the heat.

“However, I just suggested to her that she get outside every day, no matter what the weather, and just do some ‘mindful meditation’”
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inability to cope with her job due to perimenopausal symptoms. She knew what was happening and had recently been put onto HRT, after a course of anti-depressants, and was waiting for that to ‘kick in.’ However, I just suggested to her that she get outside every day, no matter what the weather, and just do some ‘mindful meditation.’ By grounding and breathing, this allows oxygen to get into the muscles and breathing out through the mouth, allows carbon dioxide to escape.

Try looking up at the sky by tilting your neck right back and thinking of a negative thought. It is impossible!

I do feel that many of us post-Covid, have reduced our exercise routine!

Well, when I say exercise, I mean moving! I, for one, even though I am a personal trainer and been involved in health and fitness for many years, still struggle to get motivated to go for a walk, let alone do fitness.

So why is that?

Everything in my head tells me to do it – but my inner subconscious – the self sabotager – says “what’s the point?” “It’s too much effort” and finally “Is it really going to make a difference?” I also work for myself so the other thoughts are “I’ll just finish that email” or “I can’t be wasting my time when I am so busy.”



Let’s get one thing straight – we need to get OUT OUT! Like start breathing properly.
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Let's get one thing straight – we need to get OUT OUT! Like start breathing properly.

Walking is great – with a purpose – but do not dawdle – it's called moderate exercise for a reason! I love Headway – an app that simplifies and summarises books in 20 minutes. So, there's my first argument – I can learn whilst exercising. Love it!

New things

Recently I have joined a new family – the swimming community. I will be honest, it has been during fine weather but it's a start. Each day I set little goals for myself. Can I swim twice past the buoy? Then go to the headland?

The important part is that so many women are there to join in with you – young and old – and everyone is in there to move. Some ladies still chat whilst swimming out to 'Winston' (the name of the buoy) but everyone feels so good afterwards. Why? Because of the dopamine hit!

Falling estrogen levels affect our dopamine levels so we need to find other 'natural' ways of getting that hit. Not just the wine bottle! If swimming doesn't appeal, find your local Zumba class – do not worry about having two left

feet, get into the groove to some 80s music and just let yourself go!

Look after yourself and please don't forget to sign the Mandate and start to make a difference to the Government's attitudes and maybe something will get done!

Until next time, keep moving and breathing – and remember the only way is up!

More information about Trudi can be found at Vitality40plus.com.



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