



NZEMail

December 2012

Newsletter for the NZ Early Menopause Support Group

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Resources for members

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[NAMS \(US\) Scientific Reviews](#)

Contact Us

website:

www.earlymenopause.org.nz

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email:

nzem.info@nzord.org.nz

Hi everyone,

Well, this will be a much shorter newsletter than the usual - just a recap of the year. It's been a crazy year and I'm sorry to say I haven't had as much time to devote to NZEM as I would've liked. However, I have plans to fix this in 2013, and I look forward to being more in touch with you all.

We grew by about one member per month this year as we do most years and I hope all our new members are finding our support helpful. If you have any specific questions or concerns, please don't hesitate to get in touch with me via email or with the whole group via our forum. No question is too silly, no concern too small. It can be a big challenge getting your head around this diagnosis and we're here to help you do just that.

I hope you have a wonderful break over the summer and come back refreshed and ready for all that 2013 has in store.

Nicole xx

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2012 Highlights



Of course the big highlight of the year for me was getting to Melbourne to represent you all at the Australasian Menopause Society Congress. My heartfelt thanks go out to everyone who enabled me to get there and make the most of the fantastic opportunities afforded us at the conference.

I've already posted my initial thoughts [on our forum](#) so I won't double up here, except to say it was a great experience that really put the support groups on the map and I intend to stay in touch with the valuable contacts I made.

I will be sharing my notes with you in future newsletters, but in the meantime you can visit the website for slides on the main speakers

http://www.ams2012.com.au/?page_id=1172 (password: AMS_DELEGATE).

We raised \$700 more than required which we can put towards another project. I would like to do an information day in 2013, so I'll be in touch.

(I now have the tax receipts prepared for all our generous donors and I'll email them out to you shortly.)

forum:

www.nzordforums.org.nz



We had a few get-togethers this year – in Auckland we held a movie night in July to raise funds for AMS, then in August we had High Tea up the Sky Tower, then in December a Christmas Lunch in Parnell. As always it was great to catch up with everyone.

Christchurch also held a Christmas High Tea and I look forward to reporting back to you how that went.

There's something so special about getting together with other women going through this early menopause thing. We can encourage each other, pass on information, share anecdotes and coping tips. Most importantly, we make friends. We realise we're not alone and there is a wealth of knowledge at our very fingertips, whenever we need it. I love all these aspects of this support group. And, when you feel ready for it, I really think you can't beat meeting in person. If you'd like to meet some NZEM members near you, I'd be more than happy to help you arrange a get-together in your area.



We are now on Twitter (@Earlymenonz) - keep up the great networking, Liz!

And we had publicity in a few other areas this year: I wrote an article for *Latitude* (a Christchurch-based publication), Tanya featured in the *Australian Women's Weekly*, I featured in *Good Health* magazine, plus our support group got a mention in the resources section of the '*First Steps through the Menopause*' book published in the UK this year!



As well as financial support, I received some encouraging moral and practical support this year. I don't want to name names or I'll leave someone out, but you know who you are and I'm truly grateful you're there.

If you would like to be part of the team, just get in touch – I have so many ideas I just can't implement on my own!

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Latest posts on our forum

Scientific opinion on HRT (both 'synthetic' and 'bio-identical') is still an evolving beast. I've added new links to each of our posts on the topic in our [General Discussion](#) forum. There's some light summer reading for you!

I heard about [Thursday's Babies](#) this year. It is a new source of support for people living with infertility.

I add new posts as I come across new information, so keep checking in. And please feel free to share your own experiences, questions, thoughts and feelings – let's make the most of our collective knowledge!

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What's On Guide

Fertility NZ Information Day

March 23, 2013

Spencer on Byron, Takapuna, Auckland

Australasian Menopause Society 17th Annual Congress

September 6-8, 2013

Adelaide, Australia

North American Menopause Society 24th Annual Meeting

October 9-12, 2013

Dallas, Texas

Fertility NZ Contact Group meetings

Regular get-togethers in the following centres:

Auckland

South Waikato

Tauranga

Rotorua

Hawke's Bay

Nelson

Wellington

Christchurch

See [our forum post](#) for more information

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