



NZ Early Menopause Support Group

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Hi everyone,

I'm sorry it's been so long since I last wrote. I hope you're all doing well.

Well, I have to say our **forums** are proving very popular - each day the number of views goes up, so we must be doing something right! Everyone's welcome to register and join in any discussion - or start a new one of course. It's a fairly anonymous way of getting your thoughts out there and seeking/offering help to other women dealing with similar challenges.

Our **website** is still attracting new members and there have been a few new additions, so please check it out. It's so great that kiwi women can find information specifically for them - I wish it had been there for me when I was first diagnosed as I had no idea where to go for information and support. Thank you to everyone who's contributed to date and let me know if you have a personal story or book review or anything else you'd like to contribute. I'm planning a bit of a re-jig of the 'Treatment' page, renaming it 'Health & Wellbeing' and expanding on options for symptom relief and long-term health. I also want to add an 'Induced Menopause' page for women who have gone through an early menopause as a result of medical treatment. But these are long-term goals and will take me some time! Any offers of proof-reading gladly appreciated! 😊

If you feel like a relaxing weekend away with a few other group members, our trip to **Waiwera** is still on at the end of next month (Queen's Birthday weekend). We'll have a couple of experts (including our friend and group founder Dr Andrew Shelling) coming to chat to us as well as time out for casual chat and some rest and relaxation. I'll need an idea of numbers in the next few weeks, so please have a think about it and let me know if you're keen. I've always found the face-to-face chats the best part of this group and I encourage you to come.

Many of our members are pursuing **IVF** treatment and I wish you all the very best of luck. I know how tough it is, but remember we have many success stories even in our small group, so never lose hope.

**** Now to the 'News in Brief' section ****

In a recent newsletter, the North American Menopause Society (NAMS) had a list of the **'Best Supplements for the Menopause Medicine Cabinet'** [Click here for the full article](#)

NB. Kathryn Petras's site www.earlymenopause.com has some great tips in this area, as does her book which we have copies of in our Reference Library (see below).

Also mentioned in a recent NAMS newsletter, was an article on **Vaginal health** [Click here for the full article](#)

This is obviously not an easy topic to discuss, but it's important to know there is help out there if you're struggling with dryness or inflammation.

Remember, it always pays to do your homework when you're deciding on treatment options. There's so little research available for women in our situation and you have to be as happy as possible you're doing the best for your body. We have many books available in our Reference Library – all generously donated by group members. Please see [our website](#) for the full list. One of the books is a free download off the Internet – the North American Menopause Society's **"Early Menopause Guidebook"**. To download it, [use this link](#). However, it is 72 pages long, so it takes a while! I've made a few copies and you're more than welcome to have one, just let me know.

I also thought I'd remind you of the **info sheets** we have available through membership of the Australasian Menopause Society

Bioidentical hormones for Menopausal Symptoms – Jan 2007

Coping With Menopause - Depression – Sep 2004

Early Menopause (Spontaneous and Unexpected Ovarian Failure) – Sep 2004

Early Menopause Due To Chemotherapy – Sep 2004

Low Libido and Testosterone Therapy – Dec 2005

Menopausal Treatments And The Risk Of Blood Clots – Sep 2004

Menopause – Combined Hormone (Replacement) Therapy – Sep 2004

Menopause – Oestrogen Only Therapy – Sep 2004

Menopause and Body Changes – Dec 2006

NonHormonal Treatments for Menopausal Symptoms (no date)

Sleep Disturbance and the Menopause – Nov 2006

The Role Of Serms After Menopause – Sep 2004

Tibolone For Post-Menopausal Women – Sep 2004

Treating the Menopause – The Concept of Risk and Benefit – Sep 2004

Take care and please keep in touch!

Nicole x