



## NZ Early Menopause Support Group

[www.earlymenopause.org.nz](http://www.earlymenopause.org.nz)

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October 2008

Hi everyone,

I thought I'd try a different look with my group news email this time around as it was feeling quite long and boring to look at. I hope you find it a bit easier on the eyes!

I know it's been a long time since I sent out a group update. It's just been one of those years I'm afraid. I really hope you're doing well and that you've got some time-out planned for the Christmas holidays. We women too often put ourselves at the bottom of the priority list, don't we!

Take good care and please let me know if you'd like any more info on anything featured here (or have any ideas on the sorts of things you'd like me to include in the future).

Bye for now!  
Nicole.

### Our fantastic forum

There's been a fair bit of activity on our forums recently. People are viewing the posts every day and there are some really interesting topics.

Some of the most recent ones are:

['be supplement savvy'](#)

['private adoption'](#)

and ['hrt & breast cancer - some thoughts'](#)

This is such a good place for women to get support without having to front up to an 'event' as such. I'm still learning heaps from you guys and think I always will.

A huge **thank you** to everyone who has replied to a post on the forums; your support and advice are truly treasured by those on the receiving end.



### Our website

[Our website](#) is about to have a bit of a makeover. I say a bit because I'm not actually too sure of the exact changes, but it's a great opportunity to update the layout and content of the site.

I'm adding a 'Health & Wellbeing' section to replace the current 'Treatments' page as I think it has been in need of a spruce-up since we went live, really.

This is also a really good time for us to add more content to the site, so if you've been thinking about writing your story, or just part of it, please take that brave step and write it. We don't have to put your name on it but it could make a world of difference to a woman to read your story and realise she's not alone. I found it was also very therapeutic for me as I was writing mine.

It'd also be good to have a few more reviews of our [library books](#), to help members make choices about what to borrow.

### Spreading the word

We have grown in size considerably this year. To me, this is a very encouraging sign that women are finding us easily, primarily via our website.

We're still working on spreading the word among GPs and specialists. And it's working! Wait until you read this:

As I was looking on the Royal NZ College of GPs website last night, imagine my surprise that, two years after my first request, they've included a blurb about us in their ePulse magazine! Perseverance sure does pay off!

This is sent out about 2 or 3 times a month to all members of the college and is potentially putting us in touch with more GPs with these few lines, than we ever could with all the flyer drops we could muster. I'm so excited. Please go and see what all the fuss is about by clicking [here](#).

### Member contact

If you're feeling ready for some face-to-face support, I'm more than happy to try to hook you up with someone near you. There's nothing like meeting in person, to have a good old chinwag and start developing a real bond.

### Our resources

In addition to our fabulous borrowing library, we have past issues of Daisy Network, NAMS, AMS and Nurture newsletters; magazine articles our members have contributed to; and many professional articles and information sheets on various POF/Premature Menopause topics.

If you'd like a full list of the resources available to you, please email me.

If you'd like to contribute, or have some other constructive ideas or feedback, please flick me an email. I'd love to hear from you. Thank you, Jackie, for sharing your ideas with me the other day!

The changes will 'go live' in November some time, so keep checking in to see what we've been up to.

### Diagnosed young?

There are a number of women in the group who were told in their teens that they'd gone through menopause.

I'm sure this would be a completely different experience to someone, like me, who was in her 30s.

Would you be interested in being put in touch with each other? I would, of course, be discreet about this and would only involve those who were interested.

### Library books

If you have any books from the library that you're finished with, please send them back to me so I can pass them on to others. If you've lost my address, just send me an email!



My heartfelt thanks to all you lovely people who have ever helped out with any part of spreading the word about our group. I can't think of anything worse than not finding you guys and having somewhere to talk about all this meno stuff that no one else in my regular group really understands.

If you'd like to do some flyer drops to health professionals in your area, please let me know.



### Other news

I was looking on the [earlymenopause.com](http://earlymenopause.com) site the other day and found an interesting article on HRT vs the pill which came in very handy on one of the discussions on the forum.

I don't know about you, but it took me a long time to get my head around the different types of oestrogen and the different dosages in all the preparations, no matter how many times I asked my endocrinologist.

If you'd like some clarification, check out the discussion we had [here](#).