



**NZ Early Menopause Support Group**

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

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Hi everyone,

I don't know about you, but I can't believe how quickly this year is moving along! It can't be Christmas next month already, can it?! Oh well, at least it means we can look forward to a bit of time out over the holidays.

Well, it's been quite a productive couple of months for NZEM on quite a few fronts.

### **"North & South" Magazine**

The biggest news I have is that I received an email last week, via our website, from *North & South* magazine about an article they're doing: "HRT, post the Controversies". I think this is an incredibly timely article after the recent release of the IMS and NAMS position statements and the confusion that reigned earlier this year following further analysis of the WHI and Million Women studies. It's obviously aimed at the 'average age' menopausal woman, but they wanted to cover POF as a sideline which is fantastic! So I spoke to the journalist on Thursday morning about my experiences and from what she told me it'll be quite a comprehensive article that many women will be interested in reading. I'll let you know when the magazine is coming out so you can grab a copy if you want. As well as clearing up some of the confusion, hopefully this extra bit of publicity will point women in our direction and raise awareness just that little bit more about POF.

*[By the way, [www.earlymenopause.com](http://www.earlymenopause.com) has a great overview of the WHI and other HRT trials as they relate to us – as well as links for further reading – in the 'special topics' page if you're interested. This is such a great site!]*

I believe other members of the group have also been involved in other magazine articles, so please let us know when they're out!

### **Flyers**

While on the topic of publicity, many thanks to Jackie, Trudie and Anita for helping me distribute more flyers to endocrinologists, gynaecologists, fertility clinics and GPs around the country. I'm sure this will help spread the word about our group and what we have to offer.

### **Our Website ([www.earlymenopause.org.nz](http://www.earlymenopause.org.nz))**

There have been a few changes to our website. The **HRT** discussion from May this year (follow the link on the Treatments page to this great source of information) has been updated, as has our **Group Events** page.

Very soon our **library catalogue** (including descriptions of the books and reviews) will be on it and keep watching it as I'm sure the list will keep growing. I've pasted the current list at the end of this email. Thank you so much to all donors to date (including Melbourne IVF Clinic who sent us two copies of their brilliant book "Taking Charge of Your Infertility" completely free of charge!). I think this is a wonderful resource as getting access to all the information out there is pretty much impossible without an

unlimited bank balance! If you have a book you'd like to donate, or a book review to share, I'd love to hear from you.

On another topic, we've been offered the opportunity to run a group **forum** on our website. As we've had quite a productive few email discussions I thought I'd ask now if anyone's interested in this idea. I imagine this would be similar to any other chat room where members post questions and replies as and when they feel like it. We may be just a small group, but I can tell we do like to talk! I really enjoyed our recent discussions on libido, herbal remedies and HRT (many thanks Andrew for keeping us up-to-date with the latest scientific thinking), especially the sense of connection I got from them. I hope you did, too. A **big** thank you to everyone who took part in the discussions and if you think you'd be interested in using a chat room let me know.

Our web hosts have also suggested adding some **photos** to our site to jazz it up a bit. I am a little hesitant to do this myself (unless it was a group photo, maybe...) but if you'd like to, let me know! I agree it would personalise it a bit, but there's absolutely no pressure to do this.

I'd love to hear from you if you'd like to **contribute** to our site. Your experience about any of the topics covered would be great, as would a review of any of the websites or books mentioned (or any others you think we should publicise). If you'd like to share your story (in as much or as little details as you want) that would be wonderful, too. The most appreciative feedback I've received so far is about the personal accounts. I guess facts and figures only ever tell part of the story; first-hand experience is usually something the doctors can't provide but we all need to hear.

### **Membership**

Our website is certainly helping our membership to grow but I think the real support comes after that initial contact, so I'd like to encourage you to keep in touch with each other. It's made such a difference to my sense of self and my confidence getting to know other members of this group, and it's my absolute pleasure to reply to the initial enquiry emails as well, as it reminds me just what a lot of good this group does. If you're feeling a bit low, it's so wonderful to receive an email from someone who understands. If you need help finding someone in the group to talk to about something specific to your situation, let me know and I'll do my best to find you a good contact.

### **Daisy Network "Update" Newsletters**

I just thought I'd mention that I have electronic copies of the last 5 *Update* newsletters. I've attached a document to this email that contains an outline of each one, so just let me know if you'd like a particular copy. They're always a great read with lots of information aimed directly at us!

### **Women's Centres**

I had never heard of a Women's Centre until I was chatting to my sister-in-law recently. So I popped into the Auckland City one to drop off some of our pamphlets and it looked like a great place to find help about all kinds of women's issues. I did a quick internet search and found 2 in Auckland, three in the Wellington area, one in Greymouth and one in Christchurch. They all offer slightly different things, so if you'd like any more information, I'm happy to send you what I've got.

### **And last but definitely NOT least...**

### **National Get Together – Waiwera, Queen's Birthday (May 31-June 2) 2008**

I've booked us a holiday home for our get together next year which has worked out substantially cheaper than staying at the Waiwera Resort. At \$175/night it works out at about \$15pp if we are fully booked. If you have contacts in this area who might also be able to help, please sing out. I think **bone health** will be a great topic and I'll let you know more details about the weekend as they come to hand.

If you have ideas for the weekend, or would like to help with the planning in any way please, please, please let me know!

I encourage everyone to consider coming along as meeting other women in the same situation as you can have such a positive impact. We can book more holiday homes, don't worry about that! It's a great location with options for relaxing and unwinding by either walking on the beach, having a massage or beauty treatment at the spa, sitting in a hot pool, horse riding, mini golf, or just absorbing the beauty of this lovely part of the country. I think it'll be a great girls' weekend away.

That's all from me for now. Take care and have a great Guy Fawkes's night tonight – keep those pets nice and safe!

Bye for now,  
Nicole.

## NZEM LIBRARY

TITLE	AUTHOR
The Premature Menopause Book	Kathryn Petras
Early Menopause Guidebook	North American Menopause Society
Faces of POF (x2)	IPOFA
Menopause Before 40	Karin Banerd
Early Menopause – Why Me?	Dr Sheralyn McGuinness
Strong Women, Strong Bones	Miriam E Nelson PhD
Mommies, Daddies, Donors, Surrogates	Diane Ehrensaft PhD
Natural Hormone Balance for Women	Dr Uzzi Reiss
Taking Charge of Your Infertility (x2)	Melbourne IVF Counsellors
Hormone Replacement, The Real Truth	Dr Sandra Cabot
Could it be the Perimenopause?	Dr S Goldstein & L Ashner
The Infertility Cure – The ancient Chinese wellness program for getting pregnant and having healthy babies	Randine Lewis, PhD
Inconceivable (x2)	Julia Indichova