

Maura Derrane on her top career moments... By Keeley Ryan

'INTERVIEWING REGULAR PEOPLE, that's my favourite thing'

Maura Derrane has told how "we need to have more understanding around" the topics of menopause and perimenopause — and how the experience is "different for everyone".

The Galway native told how the topic was "almost a taboo years ago" and she reckons it is "great that people are now talking about perimenopause and menopause" now.

Maura, who has been a part of RTE One's Today Show since it premiered in 2012, also told *Chic* how when it comes to her career, she feels lucky that she "knew my path very young".

She said, "I was very lucky that I ended up very, very early in this kind of world. In my early 20s, I started working in the background as a researcher.

"And then by my late 20s, I was in front of a camera.

"My background was news for years and years, and then I moved to presenting Ireland AM on Virgin Media, which was TV3 then, and then RTE.

"I was always very lucky that I kind of knew my path very young — not everyone does."

Maura also opened up about her "natural kind of place" on the show — and her favourite part to do.

She said, "I'm really into the area of health, wellbeing — science and health, that's my thing.

"I'm really lucky in the show that I present, we get an awful lot of health and wellbeing on the show so that's my natural kind of place.

"Certainly, if you were to ask me what was my favourite part to do and would I like to do more of it, it would be in the whole area of health and

wellbeing."

Maura told how there have been "a lot of favourite moments" throughout her career so far — and how she loves having the chance to hear other people's stories.

She said, "For me, sometimes interviewing regular people, that's my favourite thing.

"What you gain from hearing people's stories and enduring stories, that's what I love to do. I love to interview people.

"I love talking to people. I'm very nosy naturally, so I love finding out everything about everyone.

"I just can't help it. I want to know everything about everything."

Maura, who alongside Ciara Kelly is an ambassador for iron supplement's Active Iron,

told also how important it is for women to talk to other women about what they're going through when it comes to menopause.

She said, "It was almost a taboo years ago, and certainly in my mother's time — I remember chatting to mom about, you know, menopause, and it was like 'the change'; 'when I was going through the change'.

"Now it's wonderful out and open, and I just feel it's great that we can do anything to help ourselves

AMBASSADORS: Maura Derrane (also below) with Ciara Kelly (left)



through it.

"I mean, every woman is going to go through menopause in some form and perimenopause. Everyone is different as to what they go through during those times."

Maura added that "one of the main problems people have going through perimenopause is the fact that heavy periods can lead to low iron".

She continued, "And of course, low iron leads to being tired and fatigued.

"So, anything we can do to help ourselves during through perimenopause and menopause for me, I give a thumbs up to."

October is Menopause Awareness Month, and Maura told how she doesn't think there's the stigma or taboo around the topic anymore — but "I just think it's almost like lack of knowledge, even still, believe it or not."

She said, "I mean, the conversation has been had the whole time, but you know, everyone is different.

"I kind of started getting pains in my knees, and I was worried there was something wrong with me, but now I just realised it was like perimenopausal symptoms.

"There's so many different symptoms. You can get really heavy periods. You can feel really down. There's so many symptoms.

"I was lucky enough in one way.

"But I have to say, you know, a lot of my friends now, we're all discussing it.

"I work in an environment that I have women from every hormonal stage of their life around me, and we're constantly talking about periods, menopause, perimenopause. It's the norm now. But, I mean, 10 years ago, you wouldn't do that. It was almost taboo.

"I'm glad it's changed, but I don't think it's a stigma. I think we need to have more understanding around it.

"We need to have more understanding of what women are going through — and what different women go through, because it is

different for everyone.

"I don't think it's taboo — I think it's really good to have the conversation and normalise it, and normalise talking about periods. Everyone has a mother, even men — and we need to normalise these things.

"And normalise it as if it's not something weird, strange or odd. It's normal."

Maura added, "The more we talk about this in a conversational, non-judgemental, non-taboo kind of way, that's when we're all going to end up understanding things better." ■

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