

Women's Health Matters

Let's Talk:

If we understand our bodies we can ensure we are empowered to identify any issues earlier and seek the help that we need. In this talk we will cover common questions about periods, pregnancy loss and what check-ups you should have to make sure you stay healthy. We will also discuss how you can help support your colleagues and friends who may be going through health issues or surgery relating to gynaecological problems. We discuss issues from periods to cancer, how often to have a smear and so much more.

Menopause:

Half the population go through the menopause, but yet many of us have no idea what to expect, or how to support friends and colleagues who may be suffering. This session aims to break down taboos and preconceptions of this important time in women's lives, showing that there IS life after the menopause. We will discuss how you support friends, colleagues and employees through this time and there will be time to answer questions and share your stories.

Fertility:

Many of us take for granted that falling pregnant will be straightforward. In fact infertility is far more common than many of us realise. In this session we will discuss what infertility is and what can be done to improve a couple's chances of conception. We will cover what actually happens if you need IVF and what different options are available for single parents and couples in same-sex relationships, along with friends and colleagues.

Pregnancy Loss:

Learn what can cause miscarriage and pregnancy loss and what can be expected from the recovery process. In order to support grieving parents best, you can learn about their employment rights after miscarriage and what steps can be taken to support their return to work. This can positively benefit employee retention rate and productivity, as well as enhancing their experience and comfort in the workplace.

Speaker: Dr Brooke Vandermolen

Dr Brooke Vandermolen, better known as her online handle "The Obgyn Mum", is a practicing NHS Obstetrics & Gynaecology doctor, as well as a mother to 2 babies. She has worked and trained in a variety of London NHS hospitals. She has presented her research into high-risk pregnancy at major international conferences and published in prominent medical journals. Brooke is experienced at dealing with all aspects of women's health and pregnancy. After having difficulty finding accurate, evidence-based information to trust to guide her through her own first-time pregnancy and parenthood, Brooke began sharing insights and tips around pregnancy, birth, fertility, menopause and more through social media and blog posts. She works as a digital content creator for the Royal College of Obstetricians and Gynaecologists, NHS England and well-known brands. She is an experienced public speaker and social influencer, and, is on a mission to talk openly and informatively about women's health and parenthood.

