

# Female Health Matters

## Let's Talk

Women's health issues have been brushed under the carpet, or discussed in hushed voices for far too long. 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. There will be the opportunity to ask questions to an expert in the field, so bring any burning concerns or ready to ask something you have just always wondered!

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## Session Outline

Common questions about female health

Staying healthy

Practical steps employers can take to support employees

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## Session Includes

An comprehensive presentation from a practicing doctor

Relevant information for the whole organisation

An open forum with an opportunity to engage and ask questions



### 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.