

Female Health Matters

Female Health	Women's health issues have been brushed under the carpet, or discussed in hushed voices for far too long. This talk will cover common questions about periods, pregnancy loss, cancer and what check-ups you should have to make sure you stay healthy. We will also explore supporting your colleagues and friends who may be going through health issues or surgery relating to gynaecological problems.
Menopause	Half the population go through the menopause, 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, how menopause can impact individuals, both at home and in the workplace, along with practical tips for managing the most troublesome symptoms.
Fertility	Infertility is far more common than many of us realise, with friends and colleagues often suffering in silence behind closed doors. This session will cover what infertility is, improving chances of conception, different options available for single parents or couples in same-sex relationships and practical ideas if you are supporting 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, learn what steps can be taken to support their return to work. This will positively benefit employee retention rates and productivity, as well as enhancing their experience and comfort in the workplace.
Pregnancy	Pregnancy is a pivotal moment in the lives of women and birthing people, accompanied by many physical and emotional changes. This session covers what challenges pregnant people may encounter in each trimester, some of the workplace adjustments that should be considered and how pregnant women can be supported.
Perinatal Mental Health	The single biggest killer of mothers within a year of giving birth; maternal mental health issues can be subtle, and difficult to talk about. 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 explain the difference between baby blues and postnatal depression, and how to recognise the subtle signs.
Puberty	This talk aims to break down what physical changes can happen when, and also some of the emotional challenges to navigate. This session provides a guide to help parents encourage their teens to open up about their health and the issues they might be worried about; from managing heavy periods at school to discussing acne and contraception.



Speaker Bio 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.