

# Safe HRT Prescribing for the Perimenopause and Menopause WEBINAR

## Wednesday 10th November 2021

### All Delegates will receive

- Increased knowledge in Women's Health
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for  
2 hours CPD**

Introducing your speaker

### **Dr Louise Newson**

BSc(Hons) MBChB(Hons) MRCP FRCGP  
GP and Menopause Specialist,  
Director of Newson Health Research and Education,  
Stratford-upon-Avon

### Meet the Speaker ...

### **Dr Louise Newson** BSc(Hons) MBChB(Hons) MRCP FRCGP



Louise is a GP and menopause specialist; she has an Advanced Menopause Specialist certificate with the Faculty of Sexual and Reproductive Health (FSRH) and the British Menopause Society (BMS).

She is on the clinical committee for the International Menopause Society. She has developed the menopause information website [www.menopausedoctor.co.uk](http://www.menopausedoctor.co.uk) and the free menopause app "balance" – [www.balance-app.com](http://www.balance-app.com). She has also authored the Haynes Menopause Manual.

She is the director of Newson Health Ltd ([www.newsonhealth.co.uk](http://www.newsonhealth.co.uk)) She runs a menopause and wellbeing centre in Stratford-upon-Avon where she works with 28 other GPs. Louise is the founder and a trustee for The Menopause Charity – [www.themenopausecharity.org](http://www.themenopausecharity.org) which will support and empower women with evidence-based knowledge in many different ways.

She has also set up a not-for-profit company – Newson Health Research and Education. She has recently launched the Confidence in the Menopause educational programme - [www.fourteenfish.com/menopause/welcome](http://www.fourteenfish.com/menopause/welcome)

Louise is involved in research with colleagues in Warwick, Oxford and Liverpool Universities and London School of Tropical Medicine and also Kings College London

Louise has contributed to menopause related articles in different newspapers and magazines and been on numerous radio and TV programmes. She hosts a weekly podcast for women (entitled Newson Health).

## Your Learning Agenda ...

### Aims

The NICE menopause guidelines were produced in 2015 and clearly state that for the majority of women, the benefits of taking HRT outweigh any risks. It is currently only the minority of women are taking HRT for their perimenopause and menopause. In addition to improving menopausal symptoms, HRT provides numerous health benefits including a lower future risk of cardiovascular disease, type II diabetes, osteoporosis, depression and dementia. This session will provide you with confidence and knowledge to prescribe HRT to women.

### Learning outcomes

Following this session delegates will be able to:

- ▶ Make a diagnosis of the perimenopause and menopause
- ▶ Identify those women who will benefit from taking HRT
- ▶ Confidently decide which dose and type of HRT to give their patients

### Clinical outcomes

It is anticipated that following the session delegates will achieve:

- ▶ An improved understanding of the perimenopause and menopause including the long-term health risks associated with it
- ▶ Knowledge of the current evidence to support the effectiveness of prescribing HRT
- ▶ The ability to provide individualised consultations for menopausal and perimenopausal women

## Programme ...

7.30pm - 8.15pm	<b>Session 1</b>
8.15pm - 8.45pm	<b>Break and Promotional Presentation TBC</b>
8.45pm - 9.30pm	<b>Session 2</b>
9.30pm	<b>Webinar Ends</b>

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