

Top Tips on Managing the Menopause in Primary Care

WEBINAR

Wednesday 20th July 2022

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 speakers

Dr Sarah Gray

GP Specialist in Women's Health

Dr Zara Haider

Consultant in Sexual and Reproductive Health

MB BS, FRCOG, FFSRH, Diploma in GUM, Pg Cert in Health Management and Leadership

Meet the Speakers ...

Dr Sarah Gray

Dr Sarah Gray has spent 35 years delivering Women's Health in Primary Care. She has a pragmatic approach developed through working on the clinical front line, but which is underpinned by an extensive knowledge of the evidence base.

She has been a GP in Cornwall since 1992 and ran an NHS menopause referral clinic for 15 years, until this was decommissioned to save funding costs in 2016. She remains on the performers list, but provides a specialist service in the independent sector.

She sat on the British Menopause Society Council for 10 years and was a member of the groups who developed NICE CG44 (now updated to NICE guideline NG88) and Quality Standards for Heavy Menstrual Bleeding. She is now an executive director of the Primary Care Women's Health Forum and a Training Program Director for the Faculty of Sexual and Reproductive Health. Sarah provides clinical governance to the public health arm of Cornwall Council. Her latest textbook chapter was published in July 2020.



Dr Zara Haider MB BS, FRCOG, FFSRH, Diploma in GUM, Pg Cert in Health Management and Leadership

Dr Haider is a Consultant in Sexual and Reproductive Healthcare and Vice President for Workforce Strategy of the Faculty of Sexual and Reproductive Healthcare (FSRH) and Community Sexual and Reproductive Healthcare Training Programme Director for London and Kent, Surrey and Sussex. She is an FSRH Faculty Registered Trainer and Educational Supervisor.

She graduated from Charing Cross and Westminster Medical School in 1994. She trained in Obstetrics and Gynaecology for 10 years, in the South West Thames region and spent 2 years working in Genitourinary Medicine at St. Georges Hospital and at the Haven (Sexual Assault Referral Centre) Camberwell. She completed her Subspecialty Training in Sexual and Reproductive Healthcare at the Margaret Pyke Centre in London including a year as a Darzi Fellow. She was appointed as a Consultant in Sexual and Reproductive Healthcare at Kingston Hospital in 2012.



Your Learning Agenda ...

Top Tips on Managing the Menopause in Primary Care

Part 1 – Understanding the Menopause

- ▶ How to make sense of what you are told
- ▶ How to work out what limits your choices
- ▶ What have you available to offer?

Part 2 – Top Tips on Managing the Menopause in Primary Care

Case based discussion looking at common problems to build confidence regarding:

- ▶ Oestrogen – type, dose, route
- ▶ Adding a progestogen – what, when and how
- ▶ Vaginal oestrogens and what to tell patients
- ▶ When might a specialist prescribe Testosterone?

Programme ...

7:30pm - 8:15pm

Session 1

8:15pm - 8:45pm

Sponsored Symposium:

Kyleena® (19.5 mg intrauterine delivery system, levonorgestrel)

Does size & dose really matter?

Dr Zara Haider - Consultant in Sexual and Reproductive Healthcare
 Kingston Hospital NHS Foundation Trust



This promotional symposium is part of the Women's Health Matters Educational Programme that is organised and fully funded by Bayer.

Prescribing Information (PI) can be found via the links below:
[Kyleena® \(19.5 mg intrauterine delivery system Levonorgestrel\)](#)

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8:45pm - 9:30pm

Session 2

9:30pm

Webinar Ends

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