

**GLOUCESTER 2023**  
**INVITATION TO:**  
**GPs, PRACTICE NURSES,**  
**& ALL PRIMARY CARE MEDICS**

**GP Forum** | **HEALTH EDUCATION**  
GP Forum, Handley Lodge Farm, Handley Lane, Handley, Chesterfield S45 9AT  
T: 01246 861 711 E: info@gpforum.com www.gpforum.com

You are invited to attend the following Primary Care programme. A Certificate of Attendance will be issued along with a Personal Development Plan summary form, which will be supplied for your portfolio. Any lecture notes provided by the speakers will be available to download.  
**FORMAT: "Interactive Learning" with presentations giving ample time for face to face questions and discussion with speakers.**

**VENUE: ROBINSWOOD HOTEL, MARLSTON CLOSE, ROBINSWOOD HILL, GLOUCESTER, GL4 6EA**

**WEDNESDAY 8TH MARCH 2023**

**WOMEN'S HEALTH**

**Registration fee £20 - 3 HOURS CPD**

11.45am **Registration**

12noon **Light Lunch**

1.00pm **"MANAGING HORMONAL CHANGES IN THE LIFE STAGES OF WOMEN"**

**"Dealing with the perimenopause & menopausal transition"**

- a. **Symptoms and manifestations of the hormonal change:** including menstrual problems, mood changes and "reproductive depression", insomnia, migraine, thermoregulation, joints, collagen
- b. **HRT: time for a comeback:** What do we mean by HRT, different regimes, facts and fiction about risks and benefit, women with complex problems and early menopause, starting and stopping, local HRT.
- c. **Alternatives to HRT:** are they more "natural" and what is the evidence for their efficacy?

**Dr Ravi Vandhana**

Gloucester Royal Hospital

2.15pm **Refreshments**

2.45pm **"ENDOMETRIOSIS & FIBROIDS"**

**Dr Jothi Doraiswamy**

Gloucester Royal Hospital

4.00pm **Questions, Discussion - Close**

(Programme may be subject to change)

**How to book:**

Registration Fee: £20 (VAT inc). **For our BACS details email info@gpforum.com**

- E-mail info@gpforum.com (**Preferred method of booking**)
- Website www.gpforum.com
- Or complete the registration form below and send to: GP Forum, Handley Lodge Farm, Handley Lane, Handley, Chesterfield S45 9AT

We look forward to your attendance at what is sure to be a very informative and enjoyable event(s).



**REGISTRATION FORM - GLOUCESTER WEDNESDAY 8<sup>th</sup> MARCH 2023**

Complete in **CAPITALS** Name: ..... Job title: .....

In the interests of the economy and the environment we would respond to you by email.

Your email: .....

Surgery / P/Manager email: .....

Surgery Address: .....

..... Postcode: ..... Tel: .....

CCG: .....

**Lunch - tick box** Standard  Vegetarian

I enclose a cheque for **£20** Cheque made payable to **GP Forum**.

**Please return to:** GP FORUM, HANDLEY LODGE FARM, HANDLEY LANE, HANDLEY, CHESTERFIELD S45 9AT

Signed: .....