

FEBRUARY 2023 NEWSLETTER



Litfield House Medical Centre

1 Litfield Place, Clifton
Bristol BS8 3LS

Tel: 0117 973 1323

Email:

marketing@litfieldhouse.co.uk
www.litfieldhouse.co.uk



Dear GP

Belated Happy New Year!! I do hope 2023 is so far, so good and winter pressures are easing.

We are very excited to be welcoming Chelvey Menopause to our vast array of medical specialists at Litfield House. A very welcome addition to complement our existing services in Women's Health.

Trisha Tanner

Practice Manager

CONSULTANT OF THE MONTH – CHELVEY MENOPAUSE



Chelvey Menopause is a private doctor menopause clinic.

Dr Laura Flexer and Dr Kuki (Kathryn) Avery are both GP's and menopause specialists. They have broad medical experience, having worked in hospital medicine in both the UK and abroad. Their combined experience working as physicians and GPs with an interest in Women's Health means they are well placed to manage women with a wide range of symptoms, including

those with complex medical problems.

Dr Flexer and Dr Avery hold MRCGP and Membership of The Royal College of Physicians (MRCP). They are active members of the British Menopause Society and recently published an article in the Post-reproductive Health Journal.

They are both trained in Cognitive behavioural therapy and CBTi for insomnia and have an interest in psychosexual medicine.

They are passionate about providing evidence-based, personalised care to support patients through their menopause- whether that is through use of HRT, testosterone or alternative and complimentary therapies for women who are unable to use HRT or wish not to. Menopause can be complex and can take time to get right. As practising NHS GPs, Dr Avery and Dr Flexer recognise the extreme pressures on GP appointments. Their clinic offers both time and space for women to explore all aspects of their menopause. They can provide a management plan tailored to a patient's individual needs and can support women to feel empowered and well informed in their choices surrounding all aspects of their care.

Managing the health conditions associated with the menopause is vitally important for quality and quantity of life. Health and lifestyle around the time of the menopause can affect how well a woman feels going through it.

Chelvey Menopause offers specific lifestyle consultations to discuss diet, lifestyle, weight management and psychosexual problems.

They are offering CBT for menopausal symptoms and CBTi for insomnia.

<https://chelveymenopause.com/about/>

Upcoming Events

We have two more lectures in our first series for 2023, as follows:

23rd February 2023 @ 7.30pm

Lecture: "Menopausal Q&A"

Speaker: Miss Tracy-Louise Appleyard –
Consultant Gynaecologist

2nd March 2023 @ 7.30pm

Lecture: "Managing a Heart Patient with Heart Failure. What you need to know when working in Primary Care"

Speaker: Dr Angus Nightingale – Consultant
Cardiologist – Bristol Heart Institute

If you haven't already signed up to the above lectures, please email Victoria Gee at marketing@litfieldhouse.co.uk to confirm your space.

Tel (Direct Line): 0117 317 1486

Surgical Suite:

<https://www.litfieldhouse.co.uk/surgical-suite>

Consultant by Speciality

<https://www.litfieldhouse.co.uk/specialities>

Consultants by Name:

<https://www.litfieldhouse.co.uk/consultants>