

Cambridge Central Mosque – Health Screening Day
Saturday 21st October 2023

Women’s Wellness Day – Scheduled Talks

TIME	TALK	Description
11.00	Menopause and skin (Dr Shaheen Haque)	Dr Shaheen Haque from Cambridge University Hospitals NHS Foundation Trust will be talking about skin changes related to the menopause and how to help minimise and treat these.
11.20	Menopause & Gut Health (Babita Paul)	Babita Paul from New Chapter Nutrition is a Midlife Wellbeing Therapist https://ncmenopause.com/ She will talk about the pillars of health (sleep, movement, diet, stress, gut health). What changes occur in gut health during menopause and how this might manifest. And highlight the simple things we can do & ways to boost good gut health
11.40	Breast Screening- what this means for you (Kathryn Taylor)	Kathryn Taylor from the Cambridge University Hospitals NHS Foundation Trust, Cambridge Breast Unit (www.cuh.nhs.uk) will talk about: <ul style="list-style-type: none"> • Why its important to attend for breast screening • What happens at a screening appointment • What happens if you are called back • How to be breast aware On their stall you can also find out self examination information and also demonstrate using a dummy manikin.
12.00	Bowel cancer screening (Karyn Grandison / Geeta Ganagi)	Cambridge University Hospital - Bowel Cancer Screening Programme will highlight bowel cancer screening through the NHS (www.nhs.uk) They will talk about: <ul style="list-style-type: none"> • The benefits of Bowel Cancer Screening and the early detection of cancer • The Bowel Cancer Screening pathway • Bowel Cancer prevention
12.30	KEYNOTE: The perimenopause and ways women can help themselves (Dr Susanna Unsworth, Women’s Health and Menopause Specialist)	Our Keynote talk will be from Dr Susanna Unsworth, a Women’s Health and Menopause Specialist from Cambridge Womens Health (www.cambridgewomenshealth.co.uk) and will cover <ul style="list-style-type: none"> • What perimenopause is and the symptoms you might experience • Who can perimenopause affect? • Treatment options: alternative therapies, lifestyle changes and HRT options Hopefully busting some of the myths around perimenopause too!
14.00	Pelvic floor and incontinence (Dr Ivilina Pandeva)	This talk will cover the issues around the pelvic floor and how it can affect incontinence in women
14.20	Trauma - The healing and recovery journey (Bal Kaur Howard)	Bal Kaur Howard will be sharing a journey and talking on the issue that we all suffer from some kind of trauma in our life - it's how we can start the healing process to be able to recover from it.
14.40	Cervical cancer screening (Lucy Blatch)	Lucy Blatch is the screening and Imms Co-ordinator for NHS England and will be talking about the