



The Best of Both Combining Conventional and Complementary Approaches in Women's Health

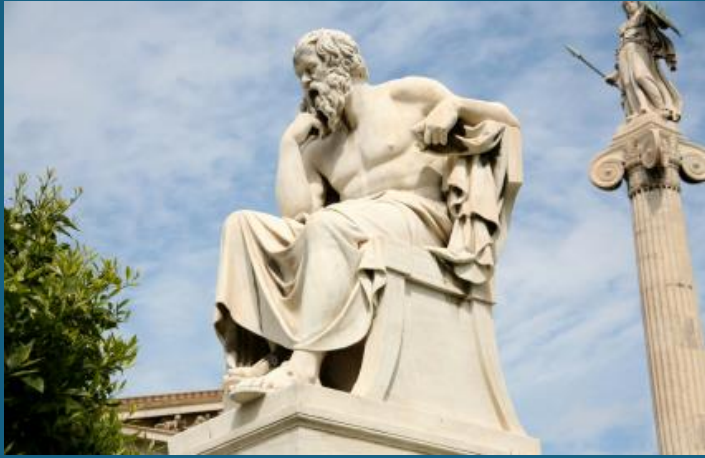
Michael Dooley

Mr. Michael Dooley MMs, FRCOG DL

Consultant Gynaecologist

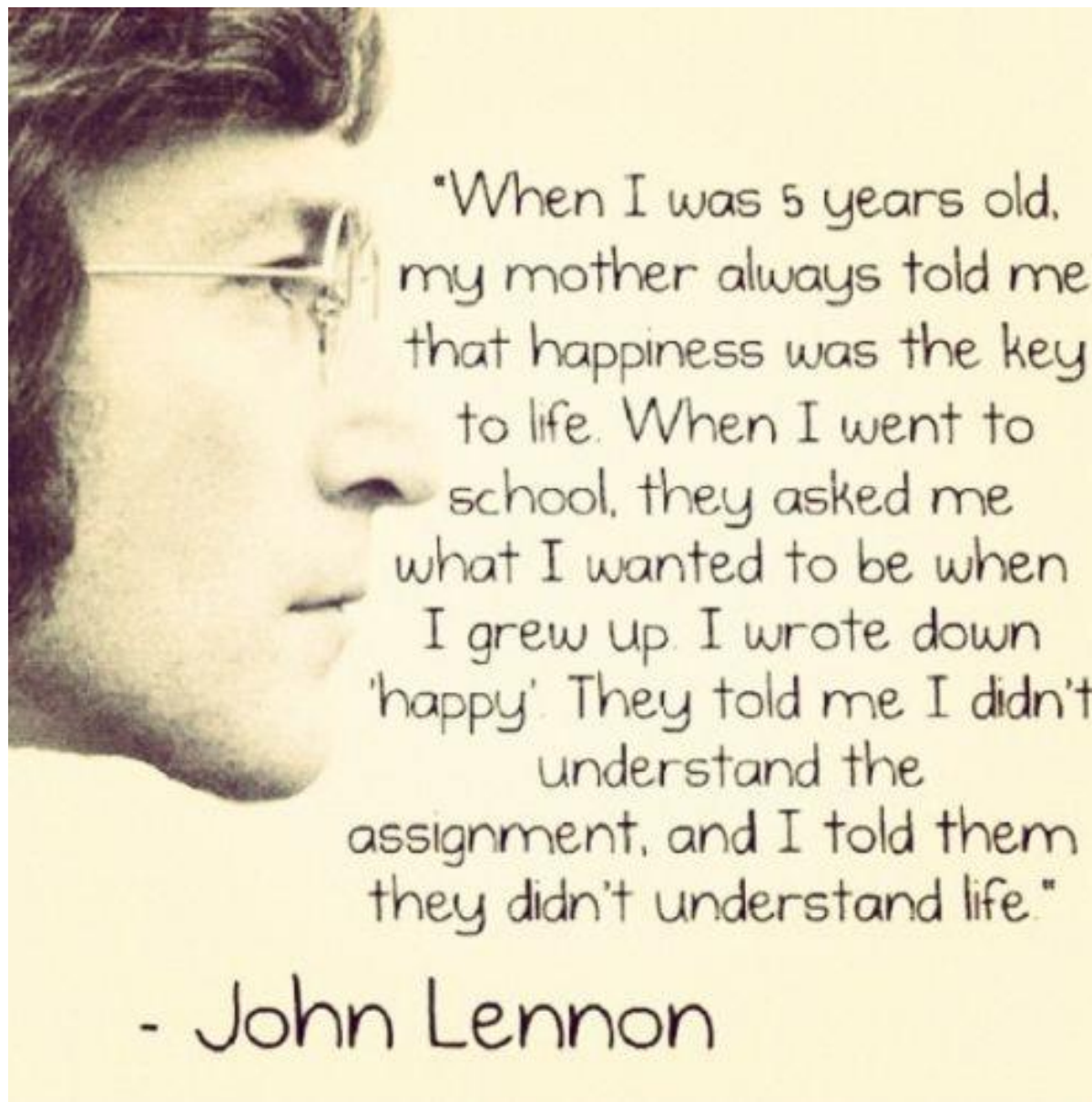
Trustee and Treasurer to The College of Medicine

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**We need to
create and
encourage
healthy happy
equal safe future
generations to
live in a healthy
happy safe
sustainable
environment. -
one of these is
not enough**





ATTENTION TO
DETAIL TO INCLUDE
Diet
Education
Clothing
Sleep

PLAN THE
JOURNEY-
SET GOALS –
all different

BELIEF
ROLE OF THE
MIND

KEEP
IT
SIMPLE

TEAM WORK
AND SELF
HELP

Complementary

‘...combining in such a way as to form a complete whole or to enhance each other.’

Team work

- "Talent wins games, but teamwork and intelligence win championships." – Michael Jordan.
- "Alone we can do so little; together we can do so much." – Helen Keller.



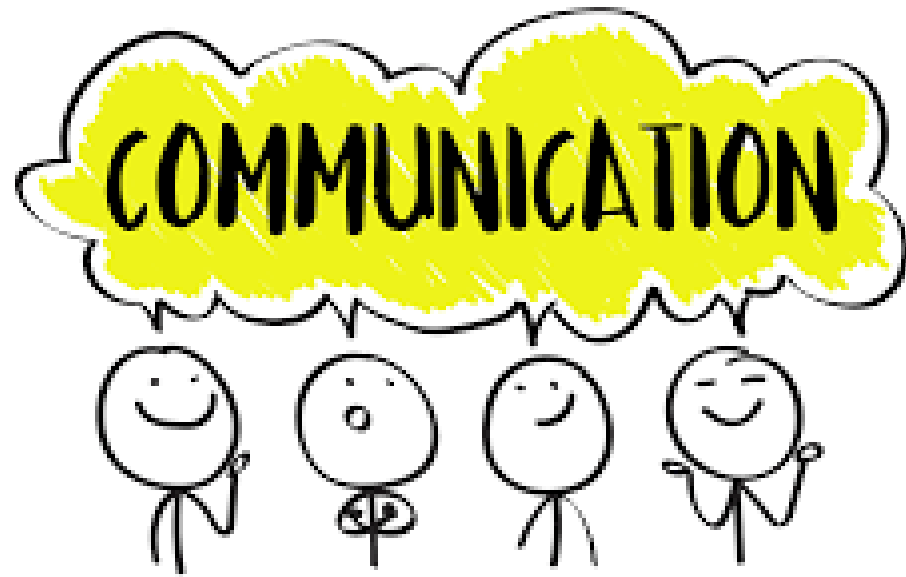
“

*The most important single ingredient
in the formula of success is knowing how
to get along with people.*

~ Theodore Roosevelt

”





I do not treat... !!!!!!!!!!!

- Endometriosis
- PCOS
- PMS
- PMDD
- Infertility
- Menopause







Not what is the problem but what is the problem for you ?

Treat the
individual





You are not
you – you are
an
ecosystem!

Trinity

- Mind
- Body
- Environment both nature and community

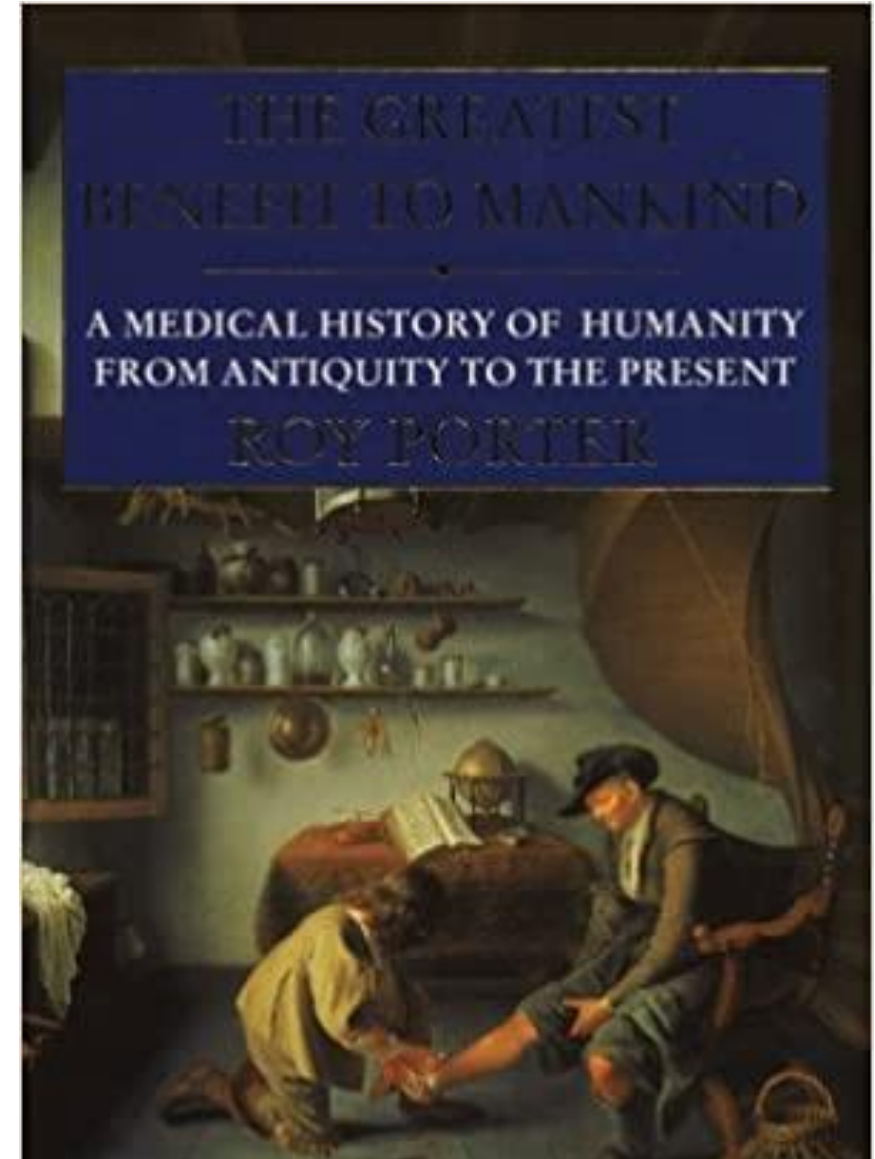




The problem with alcohol... everyone is different

What is Harmony in Health ?

‘Health depends on the preservation of harmony within the body, and harmony between the body, the environment and the larger order of things. Healing is a question of knowing how harmony can be restored; and the task of a health professional is as much philosophical as technical’





The aim of medicine is to prevent disease and prolong life, the ideal of medicine is to eliminate the need of a physician.

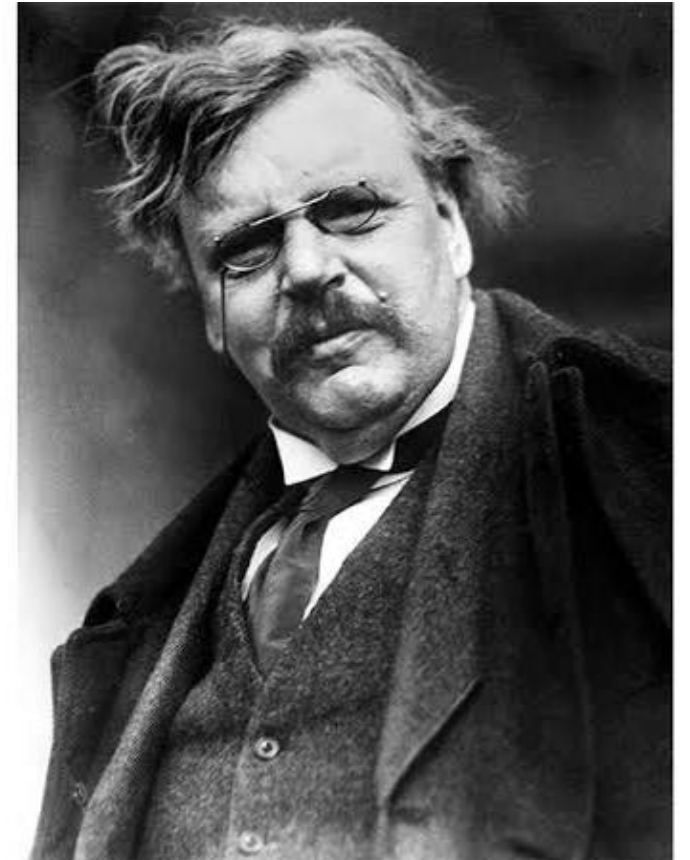
— *William James Mayo* —

AZ QUOTES

Danger!

‘... the trouble about always trying to preserve the health of the body is so difficult to do without destroying the health of the mind.’

G.K.Chesterton



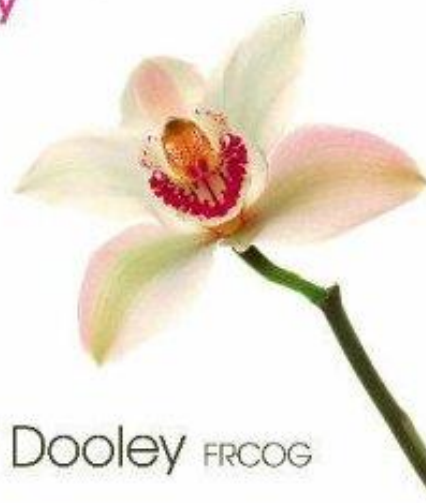


Vulnerable individuals
being exploited



fit for fertility

OVERCOMING INFERTILITY
AND PREPARING FOR
pregnancy



Michael Dooley FRCOG



Integrated Fertility Care

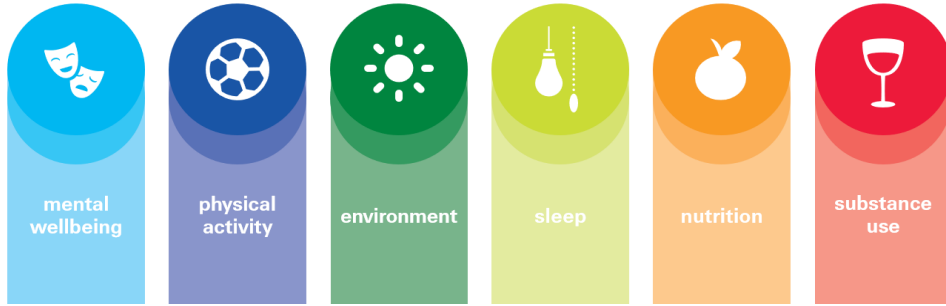
‘Integrated Fertility Care offers you a range of choices, both self help and professional, conventional and traditional to help you manage your fertility journey in the way that is best for you, your lifestyle, your ethical beliefs, your emotions, the legal situation taking into consideration the finances’



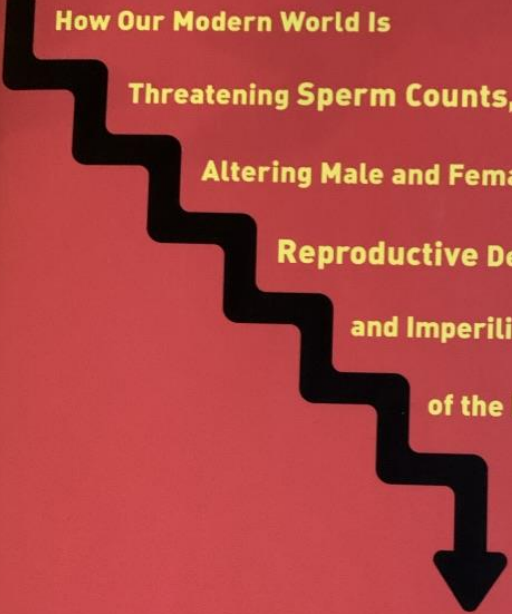
Baby v Family



The Big Six Lifestyle Factors



"An essential book for this moment . . . I sincerely hope that everyone reads *Count Down*—the younger the better—so that they'll have the chance to preserve their fertility."
—RUTHANN RUDEL, research director at the Silent Spring Institute



**How Our Modern World Is
Threatening Sperm Counts,
Altering Male and Female
Reproductive Development,
and Imperiling the Future
of the Human Race**

COUNT DOWN

Shanna H. Swan, PhD
with Stacey Colino



- **Conception is a story of transport**





Supplements
Keep it simple – do
not upset the
ecosystem

Folic acid
Vitamin D

Men
antioxidants –
Vit E / ZINC
/B12

Apart from nutrition – what is the most important thing?



Stress

Infertility causes stress

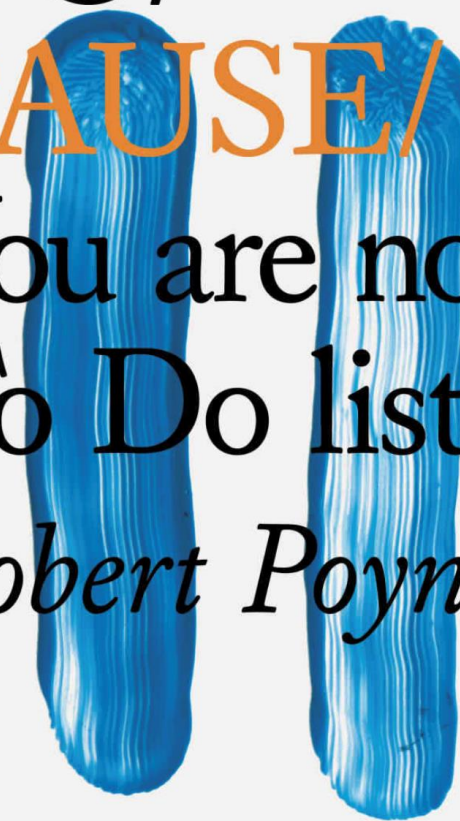
Does stress cause infertility

Undeniable biological changes that occur with stress -
upset menses / ovulation / sperm production

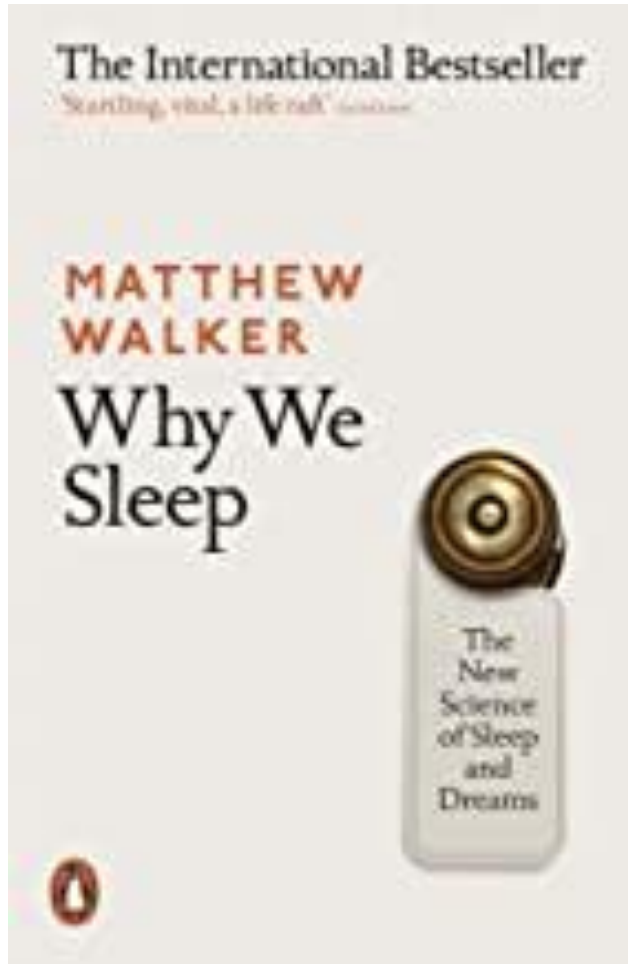
Upset in Natural Killer Cells

Upset sexual desire

DO/
PAUSE/
You are not a
To Do list.
Robert Poynton



Victor



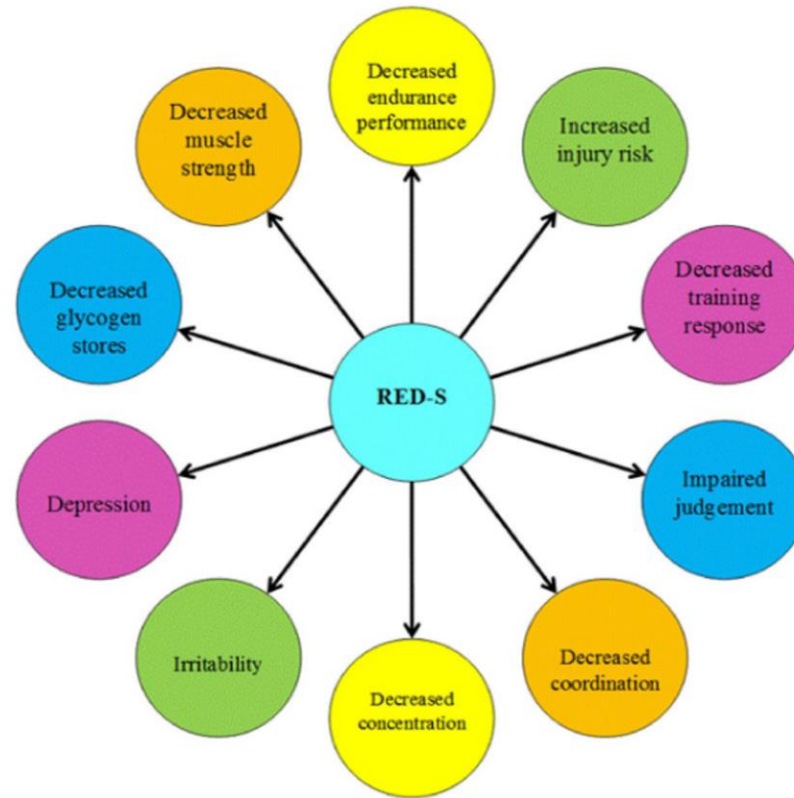
Increasing evidence association with infertility

ROUTINELY SLEEPING LESS THAN 6-7 HRS A NIGHT DEMOLISHES YOUR IMMUNE SYSTEM ALMOST DOUBLING YOUR RISK CANCER.

INSUFFICIENT SLEEP CAN INCREASE THE RISK DIABETES, ALZHEIMERS, CORONARY HEART DISEASE, STROKE AND HEART FAILURE, DEPRESSION AND ANXIETY.

EAT MORE WHEN TIRED

Exercise, diet and REDs



Full of up-to-date research, decodes 'Doctorspeak',
so it's easier to make informed choices.

Essential

YOUR CHANGE YOUR CHOICE



The integrated approach
to feeling and looking
good through
the menopause –
and beyond

Michael Dooley, FRCS and Sarah Stacey

Integrated Menopausal Therapy

‘Integrated Menopausal Therapy offers you a range of choices, both self help and professional, conventional and traditional to help you manage your menopause in the way that is best for you and your lifestyle’

Personalized
plan

One size
does not fit
all

Your change
your choice

Talk – ask
questions

Integrated
menopausal
therapy

Menopausal Complaints

• No periods (>1 yr)	65%
• Hot flushes	52%
• Sleeplessness	44%
• Irritability	37%
• Mood swings/ changes	37%
• Reduced sex drive	35%
• Headaches/ migraines	29%
• Depression	25%
• Involuntary urine loss	21%
• Vaginal pain, dryness or discomfort	21%
• Occasional periods	14%

The Seven Dwarves of Menopause



Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful & Psycho

9 TIMES TABLE – FIRST THOUGHT

$$9 \times 1 = 9$$

$$9 \times 2 = 18$$

$$9 \times 3 = 27$$

$$9 \times 4 = 36$$

$$9 \times 5 = 45$$

$$9 \times 6 = 54$$

$$9 \times 7 = 63$$

$$9 \times 8 = 72$$

$$9 \times 9 = 81$$

$$9 \times 10 = 83$$

No more
menstrual
cycle

No more
periods

No more
premenstrual
syndrome

No
contraception

No more
hormonal
mood swings

Cultural
issues

Lifestyle and appropriate therapeutic agents

Exercise

Diet

Weight loss

Smoking

Sleep

Stress
Mangement

Therapeutic
agents

Exercise

Is beneficial for :

- Hot flushes
- Depression
- Obesity
- Cardiovascular Disease
- Osteoporosis
- Breast cancer
- Body self image

What is HRT

- Designed to counteract effects of reduced oestrogen levels
- Mainly consists of a natural, low dose oestrogen
- Oestrogen, Progesterone, Testosterone
- Current licensed indications
 - Relief of menopausal symptoms
 - Prevention/ Treatment of osteoporosis

Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink 2 or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Five fewer cases in women who take statins



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