



Symptoms and Treatments Resources

Making sense of menopause symptoms and treatments can be confusing and exhausting, not least with a legacy of media myth and misinformation. That's why we're thrilled to have a team of British Menopause Society accredited specialist doctors to clear up any confusion. The gold-standard guidance they offer as part of our masterclasses and specialist clinics is second to none. Moreover, they're passionate about empowering you to take control of your menopause journey.

As a Supported Care member of www.harleystathome.com, you will have access to the following LIVE symptoms and treatments sessions:

- **The Menopause Clinic:** In this 30 minute session, our [British Menopause Society \(BMS\)](#) accredited experts are on hand to answer your questions on symptoms, diagnosis and treatments, and arm you with everything you need to know to make an informed choice about your menopause care, and speak to your doctor with confidence. Please be reminded that our experts cannot give individualised advice. In the case of complex enquiries, you may be advised to speak to your healthcare professional.
- **Medical Masterclass:** Each month our medical experts focus on a different theme to bring the latest research, evidence and advice right to your finger tips. From urogenital and vaginal health to skin and better sleep, you'll learn lots from our medical experts and menopause specialists.

Meet Our Expert Medical Team

Please note our clinical and medical sessions are delivered by a wide range of accredited specialists, but there are a few faces that you'll see more frequently, including:

Menopause Specialist Doctor Sam Brown

Dr Sam Brown is a GP and Menopause Specialist working at The Bronte Clinic in Chelsea, which she co-founded in 2021. Alongside this, Sam is also an NHS GP, and until 2019 worked as a GP partner in London as mental health lead. Sam is passionate about mental health, and well aware that many women in perimenopause are misdiagnosed when it comes to mental health symptoms. With her British Menopause Society and International Menopause Society memberships, plus her Advanced Certificate in Menopause Care, you can be sure you're in great hands with Sam.



Menopause Specialist Doctor Katie Barber

Dr Katie Barber is a registered menopause specialist and clinical director of Oxford Menopause, which she founded in 2020. Katie is also Clinical Lead for the NHS Community Gynaecology Service in Oxfordshire, where she continues to work as a GP. She is also a member of the British Menopause Society (BMS) Medical Advisory Committee and a BMS menopause trainer. Katie is passionate about helping women manage all aspects of their menopause journey and empowering them to feel confident in managing their health.





Menopause Specialist Doctor Clare Spencer

Dr Clare Spencer is a registered menopause specialist and clinical director of My Menopause Centre, which she co-founded in 2021. Clare also runs an NHS menopause service and is a GP partner in a practice in Leeds. She is also a member of the British Menopause Society (BMS) Medical Advisory Committee and a BMS menopause trainer. Through her clinical work, and as co-founder of My Menopause Centre, Clare is passionate about educating, empowering and supporting all women through all stages of their menopause transition.



Menopause Specialist Doctor Zoe Schaedel

Dr Zoe Schaedel has 15 years experience as an NHS GP with expertise in menopause care, sleep problems, sexual health and contraception. She is an accredited British Menopause Society (BMS) Menopause Specialist, a member of the BMS Medical Advisory Council, and is a BMS trainer, teaching other doctors to specialise in menopause. Dr Zoe Schaedel is also a member of the Faculty of Sexual and Reproductive Health and The British Sleep Society.



Menopause Specialist Doctor Olivia Hum

Dr Olivia Hum is an experienced GP, specialising in perimenopause, menopause, hormone health, contraception and sexual health. She is an accredited British Menopause Society (BMS) Menopause Specialist, a member of the BMS Medical Advisory Council, and is a BMS trainer, teaching other doctors to specialise in menopause. Dr Olivia Hum is passionate about offering holistic support.

