

Nau Mai Transcript

Kia ora, my name is Doctor Sam and I'm a GP working in Hawkes Bay, which is in North Island in New Zealand. I'm originally from London, but I've been here for about 10 years. Thanks for signing up to this course! I just thought I'd tell you a little bit about what to expect and why we've put it together. So for me, working as a GP with women, I've realised that actually there's lots of little clues about menstrual cycle and hormones that you can pick up as you go through life that can make perimenopause much easier. And I know I've learned so much from my patients from reading and from other sources as well - that's what's enabled me to develop better relationships with my patients and also fundamentally help them feel better.

What we've tried to do is walk you through what I do with my patients. So, there'll be some things about definitions; explaining what is perimenopause, and what does it mean. And then the science, because I think if you understand the science and basically what's going on with your hormones and what even are hormones, then actually this whole state of life and transition is much easier.

I hope that in in the course that you'll be able to put the pieces of your puzzles together to improve how you feel and to be able to take control of your well-being. And if you realise that you do need some help or want to talk about it, then you need to be able to know who to access, how to access it and what to do when you're in that situation. Because 15 minutes with a doctor or a nurse or a physio when you've been waiting for a really long time for that appointment goes really quick. And often when we're stressed or when we're worried, then we forget what we want to say and how to advocate and talk confidently about ourselves and why we feel these options may be helpful. So, we've tried to prepare you with some resources and different ways of how to communicate and share your story. I hope it will be helpful and we look forward to any feedback and fundamentally hope that you feel better. Thanks.