



LET'S TALK ABOUT THE MENOPAUSE



Dr Katie Barber

BM BCh MRCGP DRCOG DFSRH

Clinical Director, GP and
Accredited Menopause
Specialist

Dr Katie Barber has worked as a GP in Oxfordshire and Buckinghamshire for more than 15 years. During her GP training she developed a particular interest in Women's Health, completing the Diploma of the Royal College of Obstetricians and Gynaecologists and Diploma of the Faculty of Sexual and Reproductive Healthcare during her training. She has worked in the department of Gynaecology at the John Radcliffe Hospital as a GP with a Special Interest in Gynaecology where her enthusiasm for helping women manage various aspects of the menopause started. She has been awarded the Advanced Certificate of Menopause Care by the Faculty of Sexual and Reproductive Healthcare and is an accredited British Menopause Society specialist and Menopause trainer. Dr Barber was Clinical Lead for the NHS Menopause service at the John Radcliffe in Oxfordshire, a tertiary referral centre, until March 2021 when she became the Clinical Lead for the NHS Community Gynaecology Service in Oxfordshire.

In October 2020, Dr Barber established Oxford Menopause, a private Menopause service providing high-quality expert advice and management by British Menopause Society Accredited Menopause Specialists. Women can self-refer to access Dr Barber or her associates, Dr Kennedy and Dr Walford, or through GP/consultant referral.

As a GP, Dr Barber realised how little training she was given, both at medical school and at a post-graduate level, regarding the menopause and its management. Some women spend almost half of their lives in the peri-menopause and post-menopause, and for some, this has a significant impact on their home life, relationships, working and health. Recent publicity regarding the menopause has successfully highlighted how many women struggle to access support and advice from their GP's and understand the role of HRT.

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Since developing her knowledge and expertise in menopause care, Dr Barber has realised that it is not 'one size fits all' and that tailoring advice/therapy for women who are experiencing issues around the menopause, while providing accurate, evidence-based information and medication when appropriate, empowers women to feel confident in managing their menopause and enabling them to continue a normal, active life, whatever they choose to do.

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