

## Menopause Practitioners at Brant Arts Dispensary Carolyn Whiskin & Kerry Roberts, BScPhm

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Brant Arts Dispensary is proud to be home to two of Burlington's leading experts in women's health: Carolyn Whiskin and Kerry (Monaghan) Roberts. Together, Kerry and Carolyn have met with hundreds of patients to help them through their transitional years. Their expertise includes a vast knowledge of women's health concerns such as: sleep disturbances, hot flashes, low libido, mood swings, irregular menstruation and more.

### What Is A Menopause Practitioner?

Founded in 1989, the North American Menopause Society (NAMS) is North America's leading non-profit organization dedicated to promoting the health and quality of life of women through an understanding of menopause. Its multidisciplinary membership of 2,000 includes science experts from medicine, nursing, pharmacy, sociology, nutrition and more. NAMS recognized the need to set essential standards for health providers to assure a high quality of care for women entering menopause and beyond. A competency exam was developed and those who pass it and demonstrate their expertise in the field are awarded the credential of NAMS Menopause Practitioner. Ongoing continuing education is required to maintain this credential.

### Women's Health Consultations

Our women's health team has met with hundreds of patients by appointment to assess all aspects of a woman's health as it relates to menopause. A comprehensive 8 page questionnaire must be completed prior to an initial consultation. During the appointment, vitamin, herbal, homeopathic and hormonal options will all be discussed. A treatment plan will be developed and presented in a follow-up letter to the woman's physician. Discussion between our team and the patient continue over several weeks to fine tune the treatment regimen. Information on how to book and prepare for a consultation can be found in the Women's Health section of the Brant Arts website: [www.brantarts.ca](http://www.brantarts.ca)

*the possibilities are endless...*