

# Do you suffer from...

1= Not at All  
4= Extremely

	1	2	3	4
Hot Flashes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty Sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Itchy Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breast Tenderness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood Swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crying Spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal Dryness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal Discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Painful Intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint Pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If you checked a "4" for more than 3 symptoms, you may benefit from our program!**



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# Women's Health Program



## 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. Only those medical practitioners who pass a competency exam and demonstrate their expertise in the field are awarded the credential of NAMS Menopause Practitioner. Ongoing continuing education is required to maintain this credential. Carolyn Whiskin and Kerry Roberts are both practicing pharmacists who received their designations as Menopause Practitioners in 2005.

### Carolyn Whiskin, RPh BScPharm NCMP

As a motivational speaker, Carolyn gives seminars across Canada to health professionals and the public on various therapeutic topics. She has appeared on radio and television and is a founding member of the Pharmacist-Physician Collaboration Committee in Burlington. Carolyn has won national awards for patient care.

### Kerry Roberts, RPh BSc BSc(Hons)Pharm NCMP

Kerry has served on many committees for the Ontario College of Pharmacists. Like Carolyn, Kerry is a founding member of the Pharmacist-Physician Collaboration Committee. She is a reviewer and presenter for continuing education programs for pharmacists. In addition, she has taught pharmacy students at the University of Toronto.

## Women's Health Consultations

Our Women's Health Team offers consultations to patients of all ages with the goal of optimizing health and wellbeing. During the initial one hour consultation, a treatment plan is developed which may include prescription and non-prescription treatments (herbal, homeopathic, compounded medications, etc.,) Our area of expertise includes:

- Menopause/Perimenopause
- Hot Flashes
- Poor Sleep
- Pelvic Floor Conditions
- Vulvovaginal Health
- Stress (Adrenal Fatigue)
- Thyroid Conditions
- Weight Management
- Pain
- Low Libido



Our Women's Health Team  
Kerry Roberts (left), Carolyn Whiskin (right)

## How to Book

No physician referral is required. Our Team works with your physician and as such, we recommend you inform them that you will be visiting our office. Before booking an appointment, women are required to complete a suggested list of blood tests and a Women's Health Questionnaire. Appointments are booked a minimum of one week following blood tests. To book a consultation, please contact us at (905) 637-3833 or consultations@brantarts.ca.

Women's Health Consultations are not covered under OHIP. Our Program can qualify as a benefit under some private insurance plans: please contact your insurance provider. For our current fee schedule, please contact us.



## Additional Services

In addition to our growing Women's Health Program, we are happy to offer the following services:

- Compliance Packaging
- Compounding
- Diabetes Care
- Home Health Care
- Homeopathy Products
- MedsChecks (Comprehensive Medication Review)
- Men's Health
- Pain Management
- Smoking Cessation