

MISS ANNE HENDERSON MA MB BChir MRCOG  
CONSULTANT OBSTETRICIAN & GYNAECOLOGIST  
MEDICO-LEGAL EXPERT



**PROFESSIONAL PROFILE  
2019**

Anne is a highly experienced Consultant Obstetrician and Gynaecologist, having spent 17 years as a senior consultant at a major acute NHS Trust, following an undergraduate degree from Cambridge University and postgraduate medical training in the South East. She practices at KIMS Hospital in Kent and No 25 Harley Street, and is also regularly involved in teaching, training and lecturing at regional and national level.

She is passionate about women's health issues, particularly menopause and HRT, which is now a key health agenda following the publication of the NICE Guidelines in 2015 and the more recent media coverage of HRT shortages and the Lancet paper on breast cancer risk. She feels there is a need to expand and improve the existing NHS service to ensure that *all women* are able to access high quality menopause care, regardless of postcode or income. She has extensive experience in this field having carried out 4 years' postgraduate research into the menopause and HRT, PMS and post-natal depression under Professor John Studd, who was the pre-eminent world expert in the field during his career. She then spent several decades in clinical practice during which she set up one of the largest NHS Menopause Clinics in the South East. She continues to practice in both the private and NHS sectors and runs busy Menopause Clinics in Kent and London. She is a British Menopause Society Recognised Specialist, a recognition currently held by only 150 consultants in the UK, acknowledging the higher level of training, expertise and ongoing clinical workload within this group of specialists.

Anne believes in offering her patients the full spectrum of treatments to help manage the peri-menopause and menopause, including complementary therapies such as herbal medicine. She has worked closely with a medical herbalist in Kent for the last 15 years: this collaboration has been highly successful and forms an integral part of Anne's clinical practice and educational seminars. Anne was a strong advocate of herbal medicine long before the recent scientific evidence confirming the significant benefits which such treatments offer. She believes that the role of complementary therapies, particularly herbal medicine, is greatly under-recognised by many GPs and gynaecologists.

She is heavily involved in all aspects of education in her field and has organised numerous training and educational days for various public sector employers, including Fire and Rescue and Police Services in Kent, Bedfordshire, Buckinghamshire and Cambridge: these workshops have received high acclaim. The education programme continued during 2019 and was extended to private sector employers including Goldman Sachs and Unilever. Highlights during 2019 include hosting the inaugural regional British Menopause Society Update Day in Kent in September, and keynote lectures to the National Police Menopause Action Group in April and the inaugural London Fire Brigade Menopause Seminar on World Menopause Day in October. She also has an extensive educational track record teaching and training fellow gynaecologists, GPs and Practice Nurses throughout the South East over the last 20 years, which she continues to undertake on a regular basis.

Anne is the Medical Advisor to BRCA Kent, one of the largest support groups for BRCA patients in the UK. Along with the BRCA Kent team, she runs bi-annual multi-disciplinary education and update study days for BRCA carriers and medical practitioners throughout Kent and the surrounding areas and also provides ongoing support and education to the group.

In addition to her clinical work, Anne has an extensive medico-legal practice in both obstetrics and gynaecology: her interest in this area developed as a result of her experience as NHS Consultant Lead for Obstetric Risk. She finds this a sobering, but very valuable, aspect of her varied timetable, and believes it is vital that ongoing training, education and support is offered to the next generation of doctors and midwives in her speciality with the aim of consistently improving the quality of care. In keeping with her interest in medico-legal matters, Anne lectures to lawyers and barristers as part of their CPD update training and is regularly involved in the highly acclaimed 7 Bedford Row "Skeleton Series".

Anne has published widely in the medical literature including peer-reviewed journals such as the BMJ, The Lancet, and New England Journal of Medicine. Her articles have also featured in the mainstream media including The Guardian, Daily Mail, The Times and Sunday Times and in various women's magazines including Red, Women's Journal, Good Housekeeping, Women's Health, Glamour, Cosmopolitan and Refinery 29. Throughout her career she has been involved in the broadcast media as well, having appeared on LBC, Radio 4, This Morning, Radio Kent, the LBC Medical Hour and also on Channel 5's The Wright Stuff, discussing menopause-related matters. During 2019 she has participated in menopause features on ITV's This Morning and several HRT debates on national radio. She acts as a brand ambassador and medical advisor for various companies, including Bayer and Time Of The Month. She is also the Consultant Advisor for the innovative Health & Her website which launched in March 2019, and focuses on providing a comprehensive range of complementary, lifestyle and medical advice for menopausal women.