



Dr Charlotte Gooding

Dr Charlotte Gooding is a Menopause Specialist and experienced GP who works in both the NHS and privately seeing UK wide patients. Since qualifying in 2008 she has spent time working in the NHS, including as a GP partner. Over her career she has developed a passion for delivering holistic women's health. Dr Gooding holds the BMS Advanced Certificate in Menopause Care and is a BMS accredited menopause specialist. She also works with the Northern Cancer Alliance and is a Member of the Primary Care Women's Health Forum's menopause board and delivers teaching as part of the Special Skills Menopause Modules.

Most recently Dr Gooding has developed an NHS service for managing menopausal symptoms in breast cancer patients in a local breast unit working in collaboration with the breast surgeons, oncologists and nurses to ensure patients who have had breast cancer can seek help for their hormonal symptoms and endocrine side effects of treatment. She also has a clinical interest in pre menstrual disorders, genitourinary syndrome of the menopause which includes bladder, vaginal and vulval symptoms as well as sexual health in perimenopause and menopause.

Having seen first-hand the difference that holistic, patient centred care can make to women's lives Charlotte's passion is educating patients and health care professionals about menopause care and empowering women to seek the help they need at this stage of their lives to enable them to thrive and support their overall health throughout menopause and beyond.