



Grow your Life

Live longer happier healthier

Title: Healthy Ageing in Women

Name: Dr. Satinder Sanghera

MBBCh DRCOG, LMCA, UKIHCA Professional coach, Lifestyle menopause practitioner, NLP practitioner

NHS GP rural practice 30 years. Lifestyle Medicine doctor and Transformational health coach, Further training in menopause, NLP, acupuncture, sleep disordered breathing, Nature connectedness and chronic pain. NHS clinical commissioning leadership roles. Medical awards and Pride of Teesdale award Inspirational person 2018. Founder of local charity, trustee of a national charity. CEO of Grow Your Life. Mother, grandmother, smallholder, sailor, lover of life affirming crazy adventurers.

INTRODUCTION \ BACKGROUND:

Your energy is never broken, simply tired, from years of driving your systems ragged, often through fear and valour. No matter the assault(s), whether to mind, body or spirit, you can recover beautifully by adapting like water. Your energy is simply waiting for the right conditions to be more than your diagnosis or life trauma and live the life you want. After decades of supporting hundreds of thousands of patients, Dr Satinder demonstrates her whole health approach to ageing, through many lenses: Biomedical, Lifestyle, Psychology of behaviour and Lived experience.

AIM / OBJECTIVE:

Promising a warm, rollercoaster ride through a few of her critical life challenges, Dr Satinder weaves her: positive approach to life through 40 years of complex lived experience-including near death and disability; with her extensive medical career including leadership. Her message of how to age well as a woman goes beyond the biomedical model, inviting you to consider a whole health approach to the beautiful complex interconnected systems beneath your skin.

MATERIALS AND METHODS BY APPROACH:

For this key note I will storytell through prepared slides and engage the thought process of the audience with a few questions.

RESULTS / DISCUSSION:

Dr Satinder invites you to consider the common concerns expressed by women in GP consultations and how this has changed over the four decades she has been in the NHS

Dr Satinder summarises key challenges faced by women, balancing a hectic professional and personal life, and highlights the devastating consequences of this. She demonstrates first hand, the clinically evidenced benefits of incorporating lifestyle and behavioural changes into your life.

Attendees will understand the basic physiology driving change in your body, especially from midlife. There will follow an opportunity to share any health challenges you face. Dr Satinder will then provide more detail on two of the most common challenges women encounter and how small adjustments now will prevent major and common health conditions down the line.

Dr Satinder is an example of reframing attitudes towards disability, chronic disease, oppression and pain. She invites you to consider how successful outliers on the Gaussian distribution curve of life, clearly demonstrate how you can live well despite traditional medical advice suggesting otherwise. Attendees are encouraged to revisit their understanding of health and consider that "It is more important to know what sort of person has a disease than to know what sort of disease a person has."- Hippocrates. At least half of life expectancy is influenced by how we live our lives. Furthermore, despite global health advancements chronic disease incidence is exploding worldwide. We owe it to ourselves and future generations to identify the underlying biopsychosocial processes that determine our wellbeing. Dr Satinder's passion is to reverse the exponential

growth of unhappy people living with dis-ease and to realise our innate potential to adapt and grow against all odds.

CONCLUSION / SUMMARY:

Reframe attitudes towards outliers. Benefits of living beyond the traditional biomedical model with small simple sustainable changes . Pain left unattended has physical consequences. Take risks in order to rewrite your limits. Nature is our greatest healer. Beautiful fish can't thrive in a polluted pond. Embrace your subconscious parts but contain your ego. Adapt and flow with purpose and meaning. Your values keep you valiant and authentic.

BIOGRAPHY:



Dr. Satinder Sanghera is an NHS Family Doctor (GP) with over 30 years experience working in rural north east England. She's also a qualified Lifestyle Medicine Doctor, Menopause Lifestyle Practitioner, UKIHCA accredited coach & NLP Practitioner. She has appeared on TV, in national papers and podcasts and is learning to say no, so that she can finally finish writing her book 'Water'

Dr Satinder knows how hard it can be to walk through change having navigated personal traumas as well as both life-threatening and serious health conditions. Against all odds she became a mother, wife, sailor, sea swimmer, smallholder and gardener, with a passion for the outdoors. She has completed demanding 3 day solo treks, parachute jumps, white water rafting, worked in rural Malawi whilst living in a tent and much more. A successful NHS GP and clinical leader, she is living proof that even with significant brain loss and 2 years of non cancer chemotherapy through menopause, you can thrive.

After further serious illness at age 50 she temporarily retired, through adversity finding purpose as a shepherd, landscaper, trustee of Different Strokes and by founding local registered charity serenitysth.org, She then returned to family medicine during the pandemic.

Dr Satinder understands that ageing is not lost youth but a new stage of opportunity and growth. After further serious illness at age 60 she set up growyourlife.health All this with over 40 years of disability, a coercive first marriage, caring for parents at end of life, medical illness and surgical procedures..

Dr Satinder continues to confound medical opinion whilst seeking to support others by combining:

- positive psychology through 40 years of extensive lived experience;
- 38 years supporting over 200 patients ;
- further training in lifestyle medicine /menopause through lifestyle, NLP and transformational coaching.

She provides a unique understanding of the human body which extends far beyond the traditional biomedical model. Her passion is to support your journey towards a happier, healthier, longer life

For more information please refer to <http://www.growyourlife.health>