# CPD EVENT RECORD WOMEN'S HEALTH AND NUTRITION

Recording: Learning by Oneself

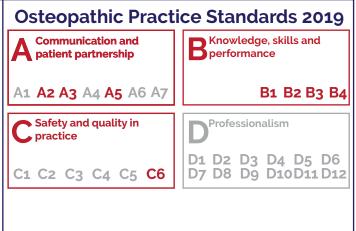
with Dr Nitu Bajekal

## **Summary**

This discussion concerned the effect of diet on health, particularly (but not exclusively) that of women. The central argument was that a plant-based diet can be helpful in reducing the risk of lifestyle cancers, can help prevent and reduce fibroids and can be advantageous in coping with menopause and dysmenorrhea. The information provided was evidence-based, and references were given to support the concepts.

#### **Chiropractic Code 2016** Put the health interests of Act with honesty & integrity. Maintain the atients first highest standards of professional/personal conduct A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients C1 C2 C3 C4 C5 C6 C7 C8 C9 D1 D2 D3 D4 Obtain informed consent Communicate properly for all aspects of patient and effectively with patients, colleagues and other healthcare professionals E1 E2 E3 E4 E5 E6 E7 F1 F2 F3 F4 F5 F6 ■ Maintain and protect G Maintain, develop and work within your patient information professional knowledge and **G1** G2 G3 G4 G5 G6 H1 H2 H3 H4 H5 H6 H7





Objective Activity: None Communication & Consent: No

# **Evaluation, Reflection and Impact on Practice**

On reflection, this has provided a useful basis for lifestyle advice, especially to my female patients. It will be helpful to direct them to some of the resources mentioned in the discussion, so that they can take action to maintain or improve their own health.

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.