

## Invitation to Verity's Conference and AGM

We would like to invite you (and your partner, or loved one) to Verity's next conference, which is being held in Manchester on the **25 October 2008**. We have lined up a range of expert speakers for you including world respected fertility specialist, William Ledger. An outline of each session is below:

### **PCOS - Managing the emotional impact**, Dr. Georgina Jones

Dr. Georgina Jones is a psychologist with a special interest in PCOS, she also sits on the board of PCOS UK. Dr Jones will talk to us about how PCOS effects us emotionally, the extreme ups and downs, and what we can do to help ourselves

### **A guide to your fertility**, Professor William Ledger

Professor Ledger is the Head of Unit in Obstetrics and Gynaecology at The University of Sheffield. Professor Ledger will discuss current fertility treatments available to women trying to conceive and new advances in treatment to look out for

### **Managing PCOS with Nutrition**, Caroline Heuberger

Caroline is a dietitian with a special interest in PCOS. Caroline will discuss how our diet plays a role in PCOS, what foods we should avoid, current diet myths and the pros and cons of a low GI diet

### **Excess hair and Acne**, Dr Alison Layton

Dr Layton is a Consultant Dermatologist, and also sits on the board of PCOS UK. Dr Layton will give us an overview of why we suffer with excess hair and adult acne, how your hormones play a part and current treatments available and upcoming

### **Treating PCOS with Acupuncture**, Louisa Rollinson

Louisa is an Acupuncturist with a special interest in PCOS. She will discuss how acupuncture is currently being used to treat PCOS; from balancing your hormones, to depression and fertility

### **PCOS and Complementary Medicine**, Graham White

Graham White is a medical herbalist who will discuss treatments such as saw palmetto, cinnamon, chromium, liquorice, agnus castus etc and how they can be used for a holistic and whole body approach to managing PCOS

To secure a place in your preferred afternoon session (please refer to the Agenda), we would encourage you to register for the conference on the Verity website which you can do up until 24 October 2008.

Should you wish to register and pay by cheque, please fill in the enclosed form and return it to the Verity office no later than COB Friday, 18 October 2008.

**Places are strictly limited** to 150, so to avoid disappointment we would encourage you to register early.

**The conference will be held at** the Renaissance Hotel in Central Manchester. There is free valet parking available at the venue (limited number), and there is a Travelodge two minutes walk away should you require cost effective accommodation. More information is available on our website.

**The cost to attend Verity's conference**, which includes a hot buffet lunch and tea and coffee is £28.00 for members and non-members and guests is £32.00. More information is available on the Verity website <http://www.verity-pcos.org.uk/news/events> and on the registration form and agenda enclosed.

We hope to see you in Manchester!

The Verity Team