

Dr Nitu Bajekal MD FRCOG ObGyn Dip IBLM, Senior ObGyn and Author

Dr Nitu Bajekal, MD is a Senior Consultant Obstetrician and Gynaecologist in London, UK with nearly 40 years of clinical experience in women's health. Her special interests include Lifestyle Medicine, Menopause, PCOS, Endometriosis, period problems, complex vulval problems and medical education. She is a keyhole surgeon with experience in laparoscopic procedures including robotics.

She is a Fellow of the Royal College and recipient of the Indian President's Gold medal.

Dr Bajekal is one of the first board-certified Lifestyle Medicine Physicians in the UK. She has written the women's health module for the first UK plant-based nutrition course at Winchester University. She has co-authored the women's health chapter for an academic book for health professionals (Plant Based Nutrition in Clinical Practice, Sep 2022)

She has been a speaker at Holistic Holiday at Sea (HHAS), speaking on menopause, PCOS and women's health issues and lectured extensively all over the world. Dr Bajekal is passionate about educating women, providing reliable medical and lifestyle information for the general public, doctors, workplaces, and schools. She runs a voluntary service set up to educate, energise and empower schoolgirls and women to make lifestyle choices to help improve their own and their families' health.

Dr Bajekal has an extensive website with free fact sheets on various women's health issues and on lifestyle medicine.

Dr Bajekal is the co-author of Living PCOS Free (Hammersmith Health Books, March 2022) a practical guide to managing Polycystic Ovary Syndrome (PCOS) with proven lifestyle approaches alongside western medicine. She has written this book with her daughter, Rohini Bajekal.

Her new book, Finding Me in Menopause (Sheldon Press, April 2024), a complete manual to navigate perimenopause and menopause using nutrition and lifestyle approaches, with or without conventional hormone therapy is available to order now.

For more information and free factsheets, visit [www.nitubajekal.com](http://www.nitubajekal.com) and follow Dr Bajekal on Instagram and TikTok (@drnitubajekal)