

YOU DON'T HAVE TO NAVIGATE THIS ALONE

WOMEN'S HEALTH NAVIGATION &
MEDICAL ADVOCACY

DR LIZ MURRAY



DR LIZ MURRAY BCA, MBBS, DIPMEDSCI

WOMEN'S HEALTH NAVIGATION & MEDICAL ADVOCACY

Helping women navigate complex healthcare journeys with confidence, clarity and support.

One to one (virtual) appointments with Dr Liz to help you navigate your symptoms, options, treatments and experiences. The aim is to guide you to make the best informed choices that work for you. Helping you find a way to advocate for yourself, and feel empowered in your choices.

- REVIEWING YOUR JOURNEY
- HELP ORGANISING SYMPTOMS
- IDENTIFYING GAPS
- EXPLAINING MEDICAL LANGUAGE
- DISCUSSING NEXT STEPS
- APPOINTMENT PREPARATION
- APPOINTMENT/EXPERIENCE PROCESSING
- SIGNPOSTING
- TIMELINE CREATION
- SYMPTOM MAPPING
- DECISION MAKING SUPPORT
- RELATIONSHIP/COMMUNICATION SUPPORT
- EXPLORING YOUR 'SPOON THEORY' RESERVE
- SYSTEM NAVIGATION
- EMOTIONAL SUPPORT
- EVIDENCE BASED CHOICES
- UNDERSTANDING GUIDELINES AND PATHWAYS

WHAT IT IS

- emotional & practical support
- helping you feel empowered
- advocating with you
- empathy and understanding
- translating between patient and doctor mindsets
- holistic overview

WHAT IT IS NOT

- personal medical diagnosis or treatment
- a substitute for medical advice/your health provider
- personal GP substitute



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Helping you patient like a doctor - equipped with the knowledge and tools to advocate, feel empowered and with faith in the system again.

- FERTILITY
- MISCARRIAGE/PREGNANCY LOSS
- ENDOMETRIOSIS
- FIBROIDS
- ADENOMYOSIS
- PMOS (PCOS)
- POI
- PMDD, PMS
- NEURODIVERSITY
- HORMONAL HEALTH (INCLUDING HORMONE TREATMENTS)
- SURGICAL/EARLY/CHEMICAL MENOPAUSE
- NATURAL MENOPAUSE
- DIAGNOSTIC LAPAROSCOPY
- LAPAROSCOPY PROCEDURES
- INVESTIGATIONS
- LICHEN SCLEROSIS
- AUTOIMMUNE DISEASES (LUPUS, RA, POTS, ETC)
- PERINATAL PHYSICAL AND MENTAL HEALTH (PREGNANCY, BIRTH, POSTPARTUM)
- PRE-OP PREPARATION
- POST-OP RECOVERY
- CHRONIC HEALTH
- UNEXPLAINED GYNAE SYMPTOMS
- MENSTRUAL HEALTH (PERIODS)



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Helping women move from confusion to clarity when symptoms, diagnoses and healthcare systems become overwhelming.

HOW IT WORKS

Virtual appointments:

- Initial consultation to share your background and agree a plan.
- One-off support
- Ongoing support/system navigation

Some women may need one appointment to discuss and talk through a recent diagnosis or investigation result. Others may want longer term support navigating a diagnostic process, surgery preparation, wellbeing check-in.

PRICES

Individual or first sessions (includes pre-appointment preparation and follow up summary)

30 minutes £65

60 minute £145

Regular/follow on sessions:

30 minutes £50

60 minutes £120

Packages

- 3 month support: £720 for 3 x 60 minute sessions (can be used over 3 month window), personalised written summary, regular email support over the 3 months, responding to questions and wellbeing check-in.
- 6 month-12 months support £1400-£2800
- (equivalent to £240 a month). 2 sessions a month, regular email contact, personalised written summary and guidance plan.

Payment required prior to appointment. Pre-questionnaire will be sent to help understand your background, current concerns and how best to support you ahead of your appointment.

All clients will automatically be given free access to any webinars produced by Dr Liz.

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'doctors think clinically, patients speak emotionally'

Dr Liz Murray is a doctor, author of *Not Just Painful Periods*, speaker, and health advocate. Dr Liz bridges the gap between medicine and patient experience, drawing on her own experiences.

Dr Liz is a medical doctor registered with the GMC, graduating from University of Newcastle in 2011. After over 10 years working clinically in the NHS, Liz left clinical practice due to her own health issues. Although no longer practicing, Liz continues to use her professional experience in public education and as a health policy advocate.

After experiencing firsthand the realities of delayed diagnosis and fragmented healthcare, Dr Liz began developing new frameworks to better understand the hidden emotional, functional, and societal impacts of chronic illness and diagnostic delay. Her work focuses on translating patient experience into practical models that improve outcomes for both patients and professionals.

Liz is the founder and CEO of the charity *Mortal And Strong*, a British Citizen's Award recipient, and the author of *Not Just Painful Periods*, published by Octopus Publishing Group. She is also the creator of the *Diagnosis Spiral* and *Thrive Arc* framework — a human-centred model exploring how healthcare systems can move people from validation and survival toward recovery, agency, and hope.

Her guiding belief is simple:
people should not have to fall apart before they are finally believed.



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I get it - I have been both sides of the stethoscope.'

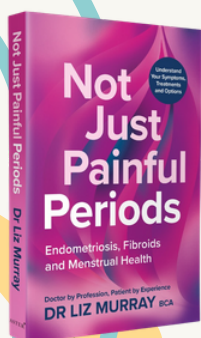
I do the work I do because I don't want anyone to experience the Diagnosis Spiral that can happen when symptoms are dismissed.

It took me over 10 years to finally get my diagnosis of endometriosis, I experienced what it is like to be dismissed, misled and given the wrong information. As a result I experienced multiple organ damage, spent £12K on IVF that was never going to work, and had to have a hysterectomy with all my gynae organs removed at the age of 34. Much of this, if not all, could have been avoided at such a young age.

I have spent the last five years researching and exploring where the gaps are between healthcare systems and patient experiences.

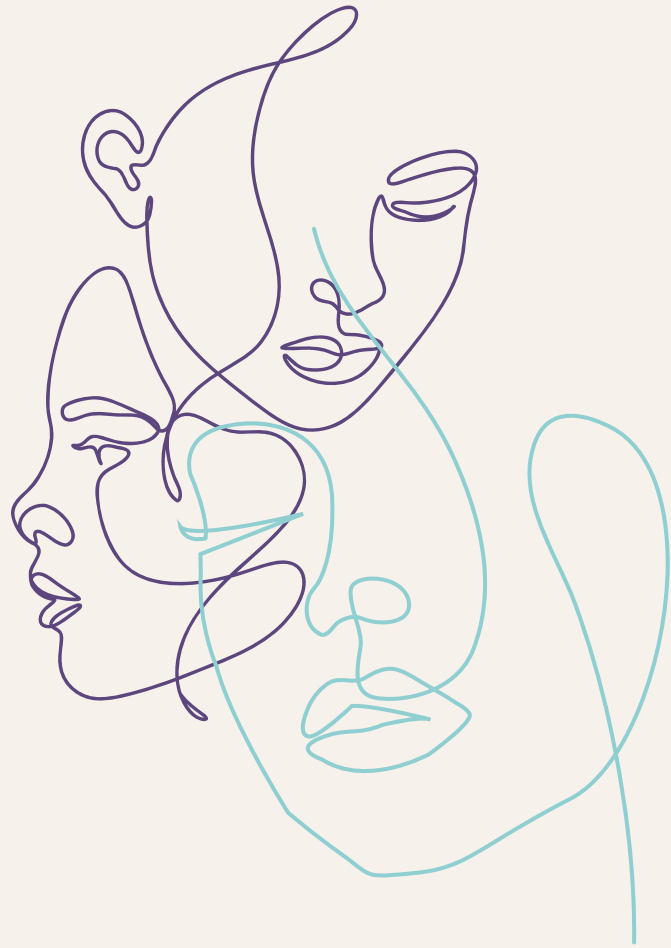
What can begin as a physical problem can very quickly become a mental wellbeing, social, economical problem. Dismissal from the doctors can lead to you ignoring your own symptoms. Masking becomes increasingly exhausting, and people lose faith that hope will ever arrive. Social isolation, time off work, relationship impact... I've been there and I know this doesn't need to be the case.

Sometimes you want someone to (metaphorically) hold your hand through the process, explain what your options are (and rights) as a patient. Make sense of an appointment or test result. I'm not here as your doctor, I'm here as a translator to help you understand the system and make the right choices that work for you.



Author - Not Just Painful Periods





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