

Speaker Info

Dr. Heather L. Johnson

OB/GYN, Author

TOPICS OF EXPERTISE

PREGNANCY: Preconception, Pregnancy and Postpartum Life

Dr. Johnson has decades of knowledge and expertise from assisting parents & parents-to-be of all ages. She discusses pregnancy facts that are detailed in her book, *What They Don't Tell You About Having a Baby: An Obstetrician's Unofficial Guide to Preconception, Pregnancy and Post Partum Life*.

MENOPAUSE: Perimenopause, Menopause, and Postmenopause

One of Dr. J's favorite topics, from personal and patient experience, is her knowledge & expertise in assisting women during their menopausal journey. She details what to expect in her talks and in her book, *What They Don't Tell You About Menopause: A Gynecologist's Unofficial Guide to Premenopausal, Perimenopausal and Postmenopausal Life*.

OB/GYN TOPICS: Fill-in the Blank

Dr. Johnson has more than four decades of experience in all things OB and GYN. She is capable of providing valuable insight on most topics in the field. She is consistently one of the most highly rated speakers in the medical community on matters of women's reproductive health.

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Instagram	@askdrheatherjohnson
Twitter	@askdrjohnson



ABOUT DR. JOHNSON

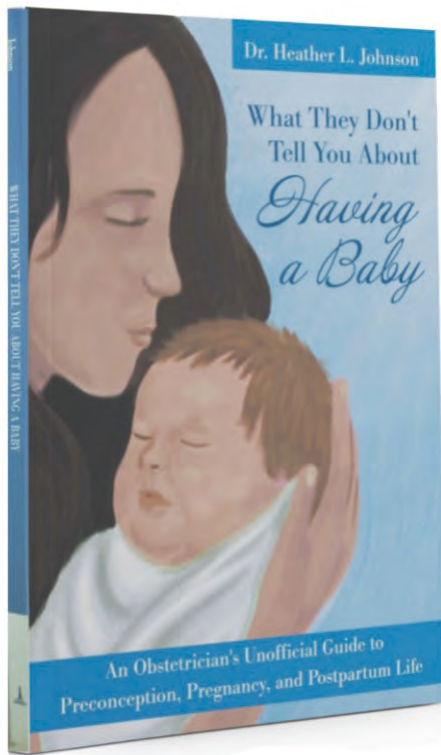
Dr. Heather L. Johnson is a board certified, recently retired (12/31/2023) obstetrician gynecologist (OB-GYN) after delivering more than 3,500 babies over 45 years. In her books about pregnancy and menopause, she shares what she has learned throughout her career, fact-filled and up-to-date medical insights, humorous antidotes, and “Dr. J’s Pearls” of bite-sized advice and information.

PROFESSIONAL CREDENTIALS

- Managing Partner at Reiter, Hill & Johnson, an Advantia practice, with offices in DC, MD & VA (retired 12/31/2023)
- M.D. from Yale University School of Medicine
- Residency training in OB GYN at Walter Reed Army Medical Center
- Served in the U.S. Army 8 years prior to private practice
- Board Certified in Obstetrics and Gynecology
- Fellow of the American College of Obstetrics and Gynecology (ACOG)
- Fellow of the American College of Surgeons (ACS)
- Member of the National Menopause Foundation’s (NMF) Medical Advisory Committee (MAC)
- Membership chair and a founding member of the Impact 100 DC chapter
- Member of the Women’s Wellness, Health & Aging Project at Johns Hopkins Medicine
- Member of the Baltimore Women’s Giving Circle

Speaker Info, Dr. Heather L. Johnson, con't.

WHAT HER READERS ARE SAYING



What They Don't Tell You About Having A Baby An Obstetrician's Unofficial Guide to Preconception, Pregnancy, and Postpartum Life

"I felt like I had the opportunity to have one super long doctor's visit and get all of my questions answered."

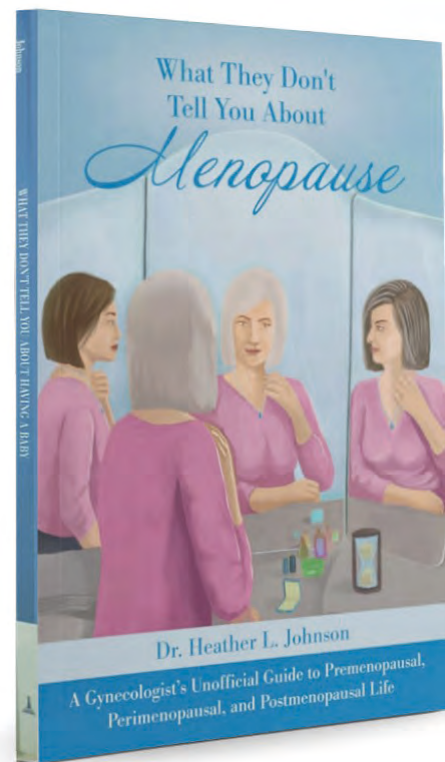
"Written with humor and love this book is a must read for anyone wanting to become pregnant or for those of us who have been there & can really appreciate the stories Dr. Johnson shares."

"As a physician, and as a mother, I can't recommend this book enough. It is a treasure trove of relatable stories & reliable information from one of the DC Metro area's most esteemed physicians. It is a great read for anyone considering motherhood."

Available online at:

Amazon.com: <https://tinyurl.com/mr33cttr>

Barnes & Noble: <https://tinyurl.com/54enbd6h>



What They Don't Tell You About Menopause A Gynecologist's Unofficial Guide to Premenopausal, Perimenopausal and Postmenopausal Life

"I wish this book had been written several years ago! Dr. J shares her medical knowledge in a way that is easy to read, & covers everything you didn't have time and didn't know to ask on your last office visit. I am very thankful for this book!"

"Very helpful in answering nagging, anxious and frustrating menopausal questions. It helped to clear up some of the ERT/HRT anxiety, so I should have that discussion with my doctor for help."

"Just what I needed! Thanks Dr. Johnson! This book explained so much of what I was feeling and didn't know was connected to menopause. I love the tone, honesty, and transparency of this book! Thanks Dr. Johnson! You've come through for me yet again!"

Available online at:

Amazon.com: <https://tinyurl.com/zk8s8jdx>

Barnes & Noble: <https://tinyurl.com/bdenw4yc>
