

Talking to Your Doctor About Menopause (or Perimenopause)

A Discussion Guide



Prepare for Your Appointment

Appt. Date / Time: _____ Date of Last Cycle: _____

Doctor Name: _____

Current medications and supplements:

Symptoms you are experiencing:

Which symptoms are most bothersome?

Conversation Starters

I've been experiencing: _____

It's been affecting my quality of life by: _____

- Be sure to share if there is anything that alleviates or improves your symptoms.
- Point out anything that makes your symptoms worse.
- Be persistent. Continue to speak up until you feel your issues are addressed.

Questions to Ask Your Clinician

Are there any tests that I should undergo? _____

What solutions are available to me? _____

What lifestyle changes can help me? _____

Are there supplements that may be appropriate for my symptoms? _____

What are my options if this solution doesn't work for me? _____

How can I protect my bone health? _____

Where can I learn more about the solutions you've recommended? _____

When should I follow up with you? _____

Who should I contact if I have additional questions? _____