



## Questions to ask your doctor / prepare for your doctor's visit when wanting to discuss Perimenopause/Menopause/Post Menopause

### Preparation

- Bring a list of prescription medicine you are taking, including dose and frequency – especially those not prescribed by the doctor you are going to see
- Bring a list of any vitamins, naturopathic supplements, or over the counter medication that you are taking including dose and frequency
- Bring a copy of any recent blood tests and / or any other tests
- Bring a list of your past medical conditions if you have not discussed with this doctor
- Bring a list of any allergies that you have
- Bring a list of any treatments you have already tried for your symptoms i.e. HRT, alcohol reduction, physiotherapy even if not still using them
- What are your 3 top questions that you want answered?
- What are your 3 top symptoms you want to discuss - **bring your menopause symptom tracker with you**
- Description of your current menstrual cycle vs your regular cycle i.e. How long is your cycle, how long does menstruation last, are they painful, the flow level, do you have spotting between periods?
- What stage of menopause you believe you are in
- Amount of smoke, alcohol/drugs, caffeine you consume in a week



## Questions to Ask:

- What stage do you think I am in?
- Do you support blood work for menopausal determination?
- What are the treatment options that you suggest to help my specific symptoms?
- Is hormone therapy an option for me?
  - What are the risks and benefits of hormone therapy?
  - If I choose to use hormone therapy, what are the advantages and disadvantages of the various routes of administration (pill, patch, cream, vaginal, etc.)?
  - What are the potential side effects of hormone therapy?
  - How does my individual health/family history affect my decision to take hormone therapy?
- What about other non-HRT prescription options (such as a selective serotonin reuptake inhibitor or SSRI medication)?
- Do you suggest any herbal or supplements for my symptoms?
- How do I know that this is menopause and not something else?
  - Are there other tests to rule out other issues first?
- Are there any other tests I should be having now that I am/have entered this stage i.e. pap test, mammogram, bone density, heart disease risk, muscle mass?
- Do you specialize in treating menopause? Have you taken any incremental education on menopause treatment? If not, do you have a suggested referral?

**Be persistent and ensure that you get your questions and concerns addressed.**