

10 Questions to Ask Your Doctor

Whether you're just beginning to experience symptoms, or you're ten years into postmenopause, doctors can be valuable allies for us during this time of transition. Here are just a few questions to help you get the conversation started.

Appointment Date: _____

Height: _____

Doctor: _____

Weight: _____

Blood Pressure: _____ / _____ mmHg

1. What if I'm not experiencing symptoms at all? What can I do to prepare for this next phase of life?

2. I'm not experiencing symptoms, but how is my overall health? Am I due for any tests (cholesterol, mammogram, colonoscopy, bone density)?

3. What should I expect given my family history with menopause?

Mother Menopause History (age, symptoms):

Grandmother Menopause History (age, symptoms):

4. I am feeling different and may be experiencing symptoms. Can we talk about how I'm feeling and if this is normal?

Please check all that apply.

Hot Flashes

Mood Changes

Vaginal Health Changes

Skin/Hair Changes

Tiredness/Less Energy

Sleep Disturbances

Night Sweats

Weight Gain

Forgetfulness/Can't Concentrate

Muscle Aches & Joint Pain

Other

5. Is it possible my symptoms are tied to other health related conditions?

6. How long should I expect my symptoms to last?

7. Could any of my lifestyle or dietary choices be making my symptoms worse?

8. Does my personal health history increase my risk of developing other age-related health conditions?

9. Should I switch to a different dosage or form of birth control?

10. What can I do to support my overall health during this time?
