



Own Your Conversation: The Menopause Guide

A trusted healthcare professional can help you navigate the unique challenges of menopause, providing you with personalised care suited to your journey. Discussing menopause may seem daunting or awkward, so we've created this handy guide to help you own your conversation & embrace menopause with confidence.

Step 1 – Reflect on Your Menopause Journey

Take a minute to reflect on your current experience and jot down your answers to the below. These points are likely to be raised by your healthcare professional in your consultation.

Q1. What symptoms, if any, have you been experiencing symptoms?

Hot flushes &/or night sweats	Anxious &/or irritable feelings	Light-headed, dizzy or faint feeling
Struggling to concentrate	Depressed or low mood	New facial hair
Vaginal dryness or discomfort	Heart palpitations	Unexplained weight gain
Low libido or arousal	Sore or stiff joints &/or muscles	Memory problems
Headaches	Tingly, dry or itchy skin	Frequent urination
Fatigue	Poor sleep or insomnia	Other/s, please specify _____ _____

Q2. How long have you been experiencing symptoms?

Q3. When was your last menstrual period?

Q4. How long do your menstrual periods usually last?



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Q5. Have you noticed any changes in your menstrual cycle (ie. longer/shorter duration, missed cycles, spot bleeding)?

Q6. Do you take any medications to help with symptoms you're experiencing? If so, what did you take & how did it work for you?

Q7. Are you currently using any form of birth control (ie. intrauterine device *IUD*, contraceptive implant, oral contraceptive pill, etc)?

Step 2 – Questions to Ask Your Healthcare Professional

We've compiled a list of questions you may wish to ask your healthcare professional when you open the dialogue on your menopause journey. Mark the questions you wish to ask and jot down any others so you can refer to them during the consultation.

Perimenopause

What can I do to manage my irregular periods?

How long may I expect my irregular periods to continue?

Are the symptoms I'm experiencing 'normal' for perimenopause?

How can I manage &/or reduce perimenopausal symptoms?

At what point does perimenopause officially become menopause?

Managing Menopause Symptoms

What strategies can I use to manage hot flashes &/or night sweats?

What strategies can I use to manage my libido, sexual arousal, vaginal dryness &/or discomfort during intercourse?

What strategies can I use to manage joint &/or muscle pain?

What strategies can I use to manage fatigue, brain fog &/or concentration issues?

What strategies can I use to manage headaches?

What strategies can I use to improve my sleep quality (getting to & staying asleep, waking refreshed)?

What strategies can I use to manage my weight during menopause?



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What strategies can I use to manage my mood &/or any feelings of anxiety or depression?

What strategies can I use to manage urinary changes (frequency, incidence of UTIs, etc)?

What strategies can I use to manage dry, itchy &/or tingly skin?

Treatments for Menopause

What are the objectives of my personalised menopause management plan?

What options do I have for managing menopause (i.e. medications, non-hormonal or natural alternatives, etc)?

How effective are the various options for managing menopause?

How long will the various options take to reduce or impact my menopause symptoms?

Are there any options that shouldn't be used alongside one another when managing menopause?

Lifestyle Adjustments (Nutrition & Exercise)

What specific dietary suggestions do you have to help me through menopause (i.e. what should I be eating more of and what should I be avoiding)?

Can you recommend a dietician, nutritionist, or other provider to help create a tailored plan for my menopause journey?

Are there any exercises that may help with managing menopause symptoms?

How often should I be aiming to exercise at this stage of my life?

Are there any exercises I should avoid while experiencing menopause?

Additional Support

My menopause experience is challenging and I'm feeling anxious, worried, frightened, &/or depressed. Is there someone I can talk to about my feelings?

Are there any additional resources you can provide me to help with my menopause journey (i.e. organisations, websites, flyers, etc)?

Other Questions I Would Like to Ask

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