

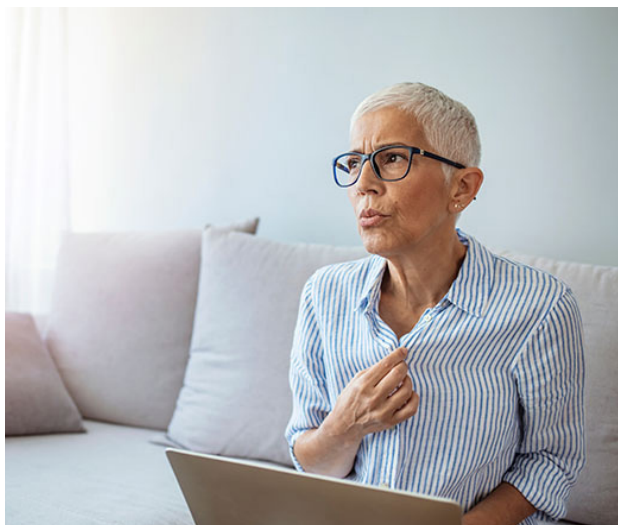
# Questions to Ask Your Doctor



Use the checklist below to guide your conversation with your healthcare provider and get the answers you need about the menopausal transition.

## ✔ Understanding Your Symptoms

- What do you think might be causing my current problems? Could my symptoms be related to menopause?
- If they are related to the menopause journey, what should I expect next? And how long will they last?
- Are there any unusual symptoms of which I should be aware?
- I feel like my emotions are all over the place. Is that normal? What can I do?
- Should I be taking medicine to help with my stress/anxiety/depression? Do you think I need a referral to a therapist?
- Will my menopausal symptoms stay the same or change over time?
- What lifestyle changes should I be making?
- Should I change my diet? Can you refer me to a registered dietitian to map out an eating plan?
- Could any of my symptoms be related to thyroid disease or health conditions I have?
- Will the menopause journey impact other medical conditions I already have? What can I do to make sure they stay in control?
- How can menopause affect my long-term health?



## ✔ Diagnostic Testing and Procedures

- Do I need lab testing to confirm I'm in menopause?
- Are there other lab tests I should be getting given the stage of life I am in?



## ✔ Results and Follow-Up

- How soon will I get the results of the testing?
- How soon can I expect to review the results with you?



## ✔ Treatment

- What can I do to manage my symptoms? What are my options?
- Am I eligible for hormone therapy (HT)? What are the benefits and risks?
- Does HT come in different forms? Do I need a pill that will impact my entire body, or can I use something topical like a cream that only impacts the part of the body where I use it?
- How long can I take hormone therapy?
- Are there non-hormonal medications I can use instead? What are the benefits and risks?
- Are there any alternative treatments or therapies I should consider?
- Are there any specialists I need to see?
- Can you recommend any resources for additional information?