

## The Conversation

### Talking to Your Doctor About Menopause (or Perimenopause)



#### 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 \_\_\_\_\_ *symptom and frequency*

It's been affecting my quality of life by \_\_\_\_\_ *effect*

- 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? \_\_\_\_\_