If menopause symptoms are affecting your daily life, it’s time to talk to your doctor and take back control. Your doctor can consider the different symptoms you are experiencing, your age, and your overall health – and then talk with you about a menopause treatment to suit your individual needs.

Here’s a list of suggested questions to ask your doctor about menopause:

1. Am I going through menopause?
2. Do I need any tests?
3. What symptoms can I expect?
4. What options are available for me to treat the symptoms?
5. What are the benefits of each treatment option?
6. What are the side effects or risks of each treatment option?
7. If I take a prescription treatment, how long do I need to use it for?
8. Other than taking medicine, what else can I do to help with my symptoms?
9. Are there diet, exercise or lifestyle changes that might help?
10. When should I come back for a follow-up appointment?
10 QUESTIONS TO ASK YOUR DOCTOR ABOUT MENOPAUSE

Be prepared by thinking about what you need to tell your doctor about your symptoms.

YOUR DOCTOR MAY ASK:

• When was your last period?
• What symptoms are you having and when did they start?
• Does anything trigger these symptoms?
• How often do you have the symptoms?
• How much are they affecting your life?
• Do you have any major health concerns other than your current menopause symptoms?
• Do you know of any major health concerns in close (especially female) relatives?

MY DOCTOR’S APPOINTMENT IS:

Date: 

Time: 

Address: 

Also complete the Menopause Symptom Checklist to take with you. It's another handy reference to share with your doctor.