

Doctor Appointment Preparation Check-List



At the moment you probably have a long list of questions:

What is happening to me? Am I dying?
Is this normal? How can I feel like ME again?

So you have booked a Doctor's appointment.
It is an important first step on your menopause journey.

But you need to be prepared, to make sure you maximise your limited time with them, ask the right questions, and ensure that you get the answers *you need* to help you during this time.

This check-list has all the information you need to be your own advocate, get empowered and become an active participant in your health and wellness journey and taking control of your menopause experience.

As **The Menopause Coach** and **Yoga for Women's Health Teacher**, I am passionate about helping you navigate your menopause journey with ease, joy and confidence and supporting you to get control of your symptoms.

As a **BONUS** I have also included here a range of recommendations and suggestions to help you manage, treat and even prevent your menopause symptoms.



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3 Things to Remember before your Dr Appointment

REMEMBER #1

Menopause is a **natural stage of life** and should NOT be treated like a disease or illness that needs to be cured.

REMEMBER #2

You are allowed to **ask as many questions** as you need, to get as much clarity and understanding about your menopause experience as you require. If you don't feel that you are getting the answers you want, or being presented with solutions that may not work for you, allow yourself the option of going to another medical practitioner or a recommended specialist.

REMEMBER #3

Remember that **menopause is a journey** and can last for many years. First signs can appear as early as 42-45 years of age (and even earlier if you are going through "early-menopause"). However, if you are in your mid-40s , your doctor may not consider your symptoms to be menopause related. Don't let that stop you getting the answers you need.



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4 Ways to Prepare for your Doctor's appointment

PREPARE #1

There are about 75 different menopause symptoms (physical, emotional and cognitive) that you could experience during your menopause journey.

How many you experience, to what degree of intensity, and how much they affect your daily life is personal and specific to you. Before your appointment make sure you sit of a few minutes and **write down how you and your body have changed**, what are your biggest challenges and if you have "obvious" menopause symptoms.

NOTHING should be ignored.

PREPARE #2

Write down your questions and doctor answers before and during your meeting so that you don't forget them. There are MANY ways to treat, manage and get control of your menopause symptoms. You want to have time to review what has been suggested and look at all the options available to you before you make any decisions.

PREPARE #3

Check with your female relatives if there is a **history of osteoporosis or other menopause related health challenges**. Make sure you mention them to your doctor.

This could impact the recommendations given to you going forward.

PREPARE #4

If possible, **book a double appointment** for your first meeting. You don't want to feel rushed and have the doctor tell you your time is up just as you begin to feel comfortable talking to them.



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4 Key Questions to Ask Your Doctor

QUESTION #1

Ask for some **hormone tests** to be done (including eostrogen, progesterone, testosterone, DHEA). These usually need to be done a couple of times (over a few months) and usually a couple of days after your period. Menopause journey is ALL about hormonal fluctuation so you want to make sure you get a couple of readings before deciding on treatments options.

QUESTION #2

You should also ask for **other blood tests** (anemia, thyroid, cholesterol, cortisol and blood sugar). Again these tests will be used to rule out any other non-menopause medical problems and make it easier to assess your menopause symptoms.

QUESTION #3

You should make sure you have a **reliable form of contraception** during your peri-menopause years. With fluctuating periods common during this time, you may not be able to predict when you ovulate. Make sure you discuss your options with your doctor.

QUESTION #4

Make sure you **book a follow up** appointment 6-8 weeks later. You want to be able to discuss your test results and your options based on those results.



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6 Ways to Treat, Manage and Prevent Symptoms.

You CAN get control of your menopause experience and feel like YOU again!

TREATMENT # 1

HRT (Hormone Replacement Therapy) – this is NOT a one-size fits all treatment.

If you choose to go down this route, make sure you explore your options, are monitored regularly as dosage can be changed if necessary.

TREATMENT #2

Topical (locally applied) **estrogen or progesterone creams** – these can be great for vaginal dryness, itchy or rough skin, and as a low-dose hormone boost.

TREATMENT #3

Non-hormonal treatments - conventional medications that can be used for some symptom control and treatment.

TREATMENT #4

Vitamins and Supplements – an easy and natural way to help you reduce your menopause symptoms and boost your health, nourishing your body.

TREATMENT #5

Holistic medicines and herbs - exploring different healing modalities and using food as medicine can slowly and consistently help you reduce your menopause symptoms.

TREATMENT #6

Yoga for Women's Health - to create hormonal balance, reduce stress, encourage deep breathing, and improves physical, emotional and cognitive symptoms.



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How do you move forward now?

If you want to prepare for your menopause journey, manage, treat and even prevent your symptoms, or learn how to navigate your mid-life years with ease, joy and confidence book a

1:1 Consultation Session with me:
theyogaroom120@gmail.com

For extra support join **The Menopause Sisterhood Facebook Group**, a safe space for women on their menopause journey:

www.facebook.com/groups/themenopausesisterhood

Looking forward to supporting you on your journey!
Jacqueline

