Ms.Medicine®

Questions To Ask Your **Doctor** About **Menopause**

MENOPAUSE:

1. Are the symptoms I am experiencing perimenopausal or menopausal and what is the difference?
2. Is it possible another condition is causing my symptoms, other than menopause?
3. If the symptoms are affecting my quality of life, what treatment options are available to me?
4. What lifestyle changes will help?
5. Are there other complications that can arise from menopause such as osteoperosis, breast cancer, or heart disease? If so what should I be doing to minimize my risk and protect myself?
6. If I am experiencing incontinence will that go away? Is there medication or pelvic floor physical therapy I could do to help?
7. How will menopause affect my health in the long term?

BREAST HEALTH:

1. How do I find out if my breast cancer risk is higher (or lower) than average?
2. Can any of my risk factors be reduced? If so, how?
3. How can I be proactive about my breast health?

SEXUAL HEALTH:

1. What effects will menopause have on my sex life?
2. What can I do to improve my sexual health?
3. If I am having vaginal dryness how can that be treated?
4. If I have lost my sex drive, will that return?
5. How can I talk to my partner about menopause and sex?

NOTES:

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BONE HEALTH:

1. Are there any health conditions that increase my risk for osteoporosis?
2. Is my risk for osteoperosis higher than normal?
3. Does osteoperosis have any warning signs?
4. Do I qualify for a DEXA scan based on my risk factors?
5. Is there medication to treat osteoperosis during or after menopause?
6. Are there lifestyle modifications I can make to reduce my risk of developing osteoperosis?

CARDIOVASCULAR HEALTH:

1. What should I know about the effect of menopause on my heart health?
2. Do I need to lose or gain weight for my health?
3. Are there warning signs of heart disease?
4. Do I have any preexisting health conditions that increase my risk for hear disease?
5. What kind of physical excersize or activities are right for me?
6. Is my blood pressure healthy for my age?
7. How is my cholesterol?
8. What other lifestyle changes or medication are necessary to reduce my risk of heart disease, heart attack, or stroke?

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