

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, ask the right question and ensure that you get the answers you need to help you during this time.

This check-list is here to empower you to be 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 confidence and ease, and get control of your symptoms.

So as I **BONUS** also present here a range of options to help you manage, treat and even prevent your menopause symptoms.

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 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").

If you are in your mid-40s, your doctor may not consider your symptoms menopause related.



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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**. 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 and blood sugar). Again these tests 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 to 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 are monitored regularly as dosage can be changed if necessary.

TREATMENT #2

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

TREATMENT #3

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

TREATMENT #4

Vitamins and Supplements – an easy and natural way to help you reduce your menopause side-effects.

TREATMENT #5

Holistic medicines and herbs - adding specific food groups and herbs to your diet can slowly and consistently help you reduce your menopause side-effects.

TREATMENT #6

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

If you have found this check list helpful and realise that you need more help to navigate, understand and manage your menopause experience then I invite you to book your

Menopause Health and Wellness Assessment.

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