

# Doctor Questions Checklist for Perimenopause & Menopause

Use this comprehensive checklist to prepare for your next doctor's appointment. Empower yourself with the right questions to navigate this important life transition with confidence and clarity.

## Helpful Resources

- [North American Menopause Society \(NAMS\)](#)
- [Australasian Menopause Society \(AMS\)](#)
- [Australian Government Department of Health menopause resources](#)
- [Jean Hailes for Women's Health](#)
- [Mayo Clinic Menopause Resources](#)

# General Health & Hormonal Changes

Understanding where you are in your menopause journey is the first step to managing it effectively. These foundational questions help establish your baseline and set expectations for what's ahead.

## Diagnosis & Testing

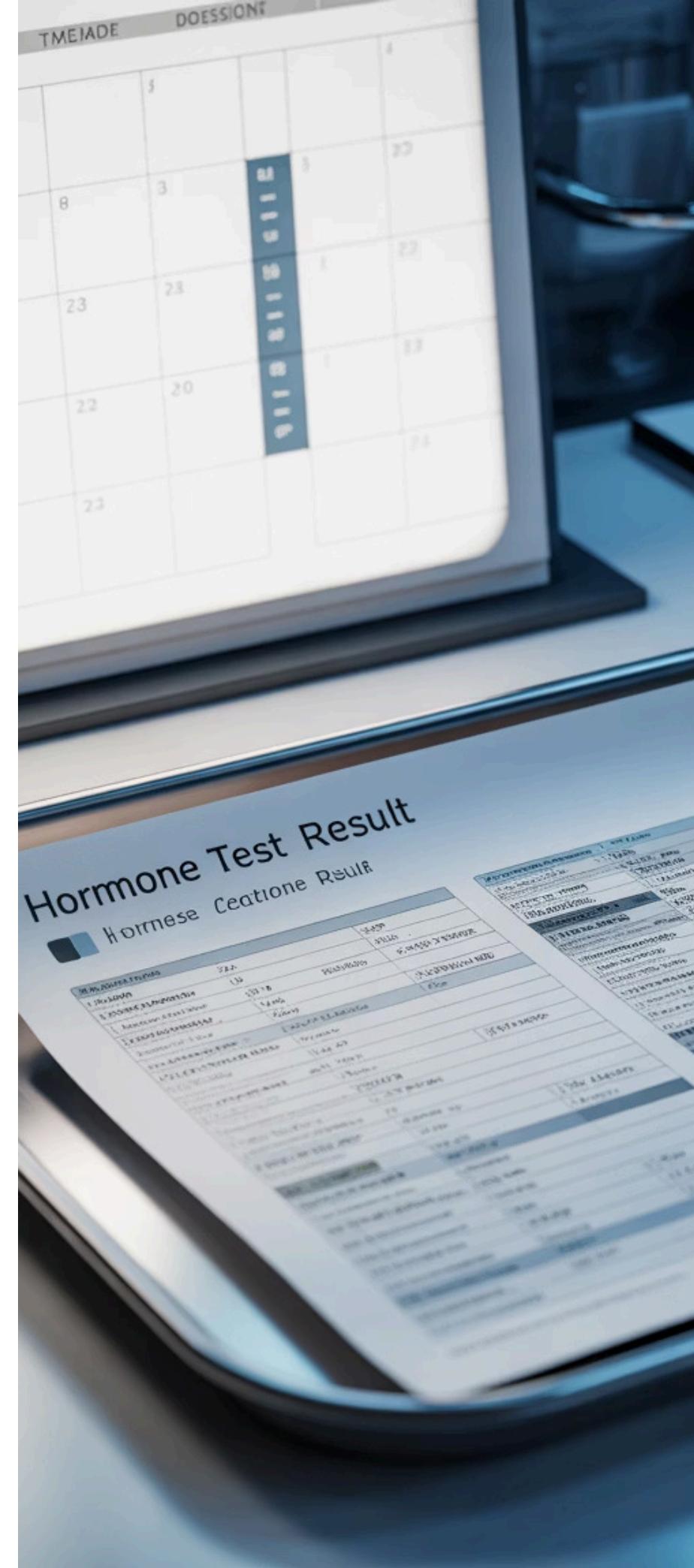
How do I know if I am in perimenopause or menopause? What tests can check my hormone levels, and how reliable are they?

## Timeline & Expectations

How long does perimenopause typically last, and what symptoms should I expect during this transition?

## Additional Resources for General Health & Hormonal Changes

- Hormone Testing & Diagnosis:** For comprehensive information on hormone tests and diagnostic approaches, visit [Jean Hailes for Women's Health](#) (Australian focus), [Healthdirect Australia](#), [Mayo Clinic](#), and the [Royal Australian College of General Practitioners \(RACGP\) menopause guidelines](#).
- Menopause Stages & Timeline:** Detailed educational materials on perimenopause and menopause stages, duration, and common symptoms can be found at the [Australasian Menopause Society](#), [Australian Government Department of Health](#), and [Menopause.org \(NAMS\)](#).
- Symptom Tracking & Support:** Tools and apps to monitor symptoms, plus support resources, are available from [Better Health Channel \(Victoria\)](#) and [Australasian Menopause Society](#) (for general support).
- Australian Health Insurance:** For Medicare coverage information related to menopause consultations and treatments, refer to [Services Australia \(Medicare\)](#).



# Symptoms & Management Strategies

Menopause affects every woman differently. Understanding your symptoms and exploring both medical and lifestyle interventions can significantly improve your quality of life.



## Symptom Identification

Are my symptoms (hot flashes, brain fog, anxiety, joint pain, etc.) due to menopause, or could something else be causing them?



## Non-Hormonal Options

What non-hormonal options exist for managing menopause symptoms effectively?



## Lifestyle Changes

What lifestyle changes can I make to reduce menopause symptoms naturally and improve overall well-being?

## Additional Resources for Symptom Management

- **Apps for Tracking Menopause Symptoms:** Tools and applications designed to help monitor and record the frequency and intensity of various menopause symptoms.
  - [Healthdirect Australia - Menopause Symptom Checker](#)
  - [Mayo Clinic - Menopause Symptoms](#)
- **Evidence-Based Lifestyle Interventions:** Information on dietary changes, exercise routines, stress reduction techniques, and other lifestyle modifications supported by research to alleviate symptoms.
  - [Jean Hailes for Women's Health - Managing Menopause](#)
  - [Better Health Channel \(Victoria\) - Menopause Lifestyle](#)
  - [Australian Menopause Society - Lifestyle Management](#)
  - [Harvard Health - Menopause Lifestyle Changes](#)
  - [NHS - Self-help and lifestyle changes](#)
- **Non-Hormonal Treatment Options Research:** Resources detailing prescription and over-the-counter non-hormonal medications and therapies for symptom relief.
  - [Australasian Menopause Society - Non-hormonal therapies for vasomotor symptoms](#)
  - [RACGP - Menopause and Perimenopause Guidelines](#)
  - [Menopause.org \(NAMS\) - Non-Hormonal Therapies](#)
  - [Mayo Clinic - Non-hormonal treatments](#)
- **Complementary Therapy Resources:** Guidance on alternative and complementary approaches, such as acupuncture, herbal remedies, and mindfulness, and their potential role in symptom management.
  - [Jean Hailes for Women's Health - Menopause & Herbal Medicines](#)
  - [WebMD - Complementary and Alternative Therapies](#)
- **Australian Health Information & Support:** Resources for understanding Medicare coverage and connecting with relevant medical organizations and support groups in Australia.
  - [Healthdirect Australia - Menopause](#)
  - [Jean Hailes for Women's Health - Organizations and Support](#)
  - [Australian Women's Health Network - Menopause](#)
  - [Services Australia - Medicare Information](#)



# Heart & Bone Health

Menopause significantly impacts cardiovascular and skeletal health. Declining estrogen levels increase risks for heart disease and osteoporosis, making preventive care essential.

## Cardiovascular Concerns

- How does menopause affect my heart health and cholesterol levels?
- What preventive measures should I take?

## Bone Density

- Am I at risk for osteoporosis, and should I get a bone density scan?
- What supplements or dietary changes can help maintain strong bones?

### ❑ Resources for Heart & Bone Health During Menopause

- [Australasian Menopause Society: Comprehensive resources on menopause, including heart and bone health.](#)
- [Jean Hailes for Women's Health: Trusted women's health information and menopause management.](#)
- [Australian Government Department of Health: Official information and resources on women's health and menopause.](#)
- [American Heart Association: Resources specifically for women's heart health.](#)
- [National Osteoporosis Foundation: Information on bone health, osteoporosis prevention, and treatment.](#)

# Mental & Emotional Well-Being

Hormonal fluctuations during menopause can profoundly affect mental health, cognition, and emotional stability. These changes are real, valid, and treatable.



## Mood & Anxiety

Are my mood swings, depression, or anxiety linked to hormonal changes? What treatment options are available?



## Cognitive Function

What strategies or treatments can help with menopause-related brain fog and memory issues?



## Energy & Motivation

Can menopause impact my motivation, focus, or energy levels? How can I address these changes?



## Resources for Mental & Emotional Well-Being During Menopause

- [Australian Menopause Society: Comprehensive resources on menopause, including mental health aspects.](#)
- [North American Menopause Society \(NAMS\): Authoritative information on menopausal mental health and cognitive changes.](#)
- [Mayo Clinic: Detailed information on menopause symptoms, including mood, anxiety, and cognitive function.](#)
- [Harvard Health: Evidence-based insights into managing mental and emotional well-being during menopause.](#)



# Sleep, Weight & Metabolism



## Sleep Disruption

Why is my sleep disrupted, and what can I do about night sweats and insomnia? Would melatonin or other sleep aids help me, or should I avoid them?



## Weight Changes

Why am I gaining weight around my abdomen, and how can I manage it? Are there specific exercises that help with menopausal weight gain?



## Resources for Sleep, Weight & Metabolism During Menopause

- [Mayo Clinic: Sleep Hygiene Guidelines for Menopause – Practical tips for improving sleep quality.](#)
- [Healthline: Nutrition for Menopausal Women – Diet and meal planning advice to manage weight.](#)
- [WebMD: Exercise Programs for Midlife Women – Fitness routines beneficial for menopausal health.](#)
- [Australian Menopause Society – Comprehensive information and support for women experiencing menopause.](#)
- [Australian Health Insurance \(Medicare\) – Information on Medicare coverage for health services.](#)

# Sexual Health & Intimacy

Menopause can affect sexual health and intimacy, but these changes don't have to diminish your quality of life. Open conversations with your doctor can lead to effective solutions.

## Libido & Desire

How does menopause affect libido, and what can I do to maintain a healthy sex life?

## Physical Comfort

What treatments exist for vaginal dryness and discomfort during intimacy?

## Resources for Sexual Health & Intimacy During Menopause

- [Australian Menopause Society: Authoritative information on all aspects of menopause, including sexual health.](#)
- [Jean Hailes for Women's Health - Sex and Relationships: Practical advice and support for sexual health and intimacy during menopause.](#)
- [Better Health Channel \(Victoria\) - Menopause and Sex: Australian-focused insights into managing sexual changes during menopause.](#)
- [Mayo Clinic Menopause Resources: Comprehensive information on menopause symptoms, causes, and treatments, often covering sexual health aspects.](#)

# Hormone Replacement Therapy (HRT)

Hormone replacement therapy can be life-changing for many women, but it's not right for everyone. Understanding the benefits, risks, and alternatives is crucial for making an informed decision.

01

## Candidacy Assessment

Am I a good candidate for hormone replacement therapy (HRT) based on my health history and current symptoms?

02

## Risk-Benefit Analysis

What are the specific benefits and risks of HRT for my situation, and what alternative options do I have?

### Resources for Hormone Replacement Therapy (HRT)

- **HRT decision-making tools and questionnaires:** Utilise these resources to help evaluate if HRT is suitable for your individual needs. Find guides at [menopause.org \(NAMS\)](https://menopause.org), [Mayo Clinic](https://www.mayoclinic.org), [Jean Hailes for Women's Health](https://www.jeanhailes.org.au), and the [Royal Australian College of General Practitioners \(RACGP\) menopause guidelines](https://www.racgp.org.au/your-practice/guidelines/menopause).
- **Research studies and evidence-based information:** Access reliable data and findings to understand the efficacy and safety of HRT from sources like the [Australian Government Department of Health menopause resources](https://www.health.gov.au), the [Australasian Menopause Society](https://www.ams.org.au), and [Harvard Health](https://www.harvardhealth.org).
- **Alternative therapy options:** Explore non-hormonal treatments and lifestyle adjustments that can help manage menopausal symptoms. Learn more at [Better Health Channel \(Victoria\)](https://www.betterhealth.vic.gov.au) and [Healthdirect Australia](https://www.healthdirect.gov.au).
- **Questions to ask your doctor about HRT:** Prepare a list of questions to ensure a thorough discussion with your healthcare provider about HRT. See resources from the [Australian Women's Health Network](https://www.auswomenshealthnetwork.org), [Jean Hailes for Women's Health](https://www.jeanhailes.org.au), [NHS](https://www.nhs.uk), and [Cleveland Clinic](https://www.clevelandclinic.org).
- **Australian-specific support and information:** Find local medical organizations and understand Medicare coverage for menopausal treatments via [Australian health insurance information \(Medicare coverage\)](https://www.ausmedicare.gov.au) and [Jean Hailes for Women's Health](https://www.jeanhailes.org.au).



# Other Unexpected Changes

Menopause can trigger surprising symptoms beyond the well-known hot flashes and mood changes. Don't hesitate to ask about any unusual experiences.

- **Cardiovascular Symptoms**

Why am I experiencing dizziness, heart palpitations, or tingling sensations?

- **Digestive Health**

Can menopause affect my gut health and digestion?

- **Autoimmune Concerns**

Could menopause be affecting my autoimmune condition or triggering new health issues?

## Resources for Unexpected Menopause Symptoms

- **Comprehensive symptom guides and checklists:** Explore detailed information on menopausal changes from [Mayo Clinic Menopause](#), [Jean Hailes for Women's Health](#), and the [Australian Government Department of Health](#).
- **Medical journals and research:** Access evidence-based studies and findings from [Menopause.org \(NAMS\)](#) and the [Australasian Menopause Society](#).
- **Support communities:** Connect with others and find advice through the [Australian Women's Health Network](#).
- **Guidelines for seeking medical attention:** Learn when to consult a healthcare provider for symptoms with guides from [Cleveland Clinic](#) and [Healthdirect Australia](#).
- **Australian healthcare system information:** Understand Medicare coverage for menopause care via [Australian health insurance information \(Medicare coverage\)](#).

# Preventive Care & Future Planning

Staying proactive about your health during and after menopause is essential. Regular screenings and monitoring help catch potential issues early.

1

## Screening Schedule

How often should I have screenings (mammograms, pap smears, cholesterol checks) during and after menopause?

2

## Health Tracking

Is there anything I should monitor or track to stay on top of my health during this transition?

### Resources for Preventive Care & Future Planning

- **Screening schedule guidelines:** Consult recommendations from leading medical organizations for mammograms, Pap smears, bone density tests, and cholesterol checks.
  - [Australian Menopause Society](#)
  - [Royal Australian College of General Practitioners \(RACGP\) menopause guidelines](#)
  - [Mayo Clinic Menopause Resources](#)
- **Health tracking & preventive care resources:** Utilize digital tools or physical journals to monitor symptoms, medication, exercise, and diet, and find comprehensive checklists.
  - [Jean Hailes for Women's Health](#)
  - [North American Menopause Society \(NAMS\)](#)
  - [Cleveland Clinic Women's Health](#)
- **Insurance coverage information:** Research your insurance policy regarding coverage for menopause-related doctor visits, screenings, and treatments.
  - [Australian health insurance information \(Medicare coverage\)](#)

**Disclaimer:** This checklist is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your healthcare provider about your specific health concerns and before making any decisions about your health care.

**It's Your Calling:** If something in this story spoke to you, reach out when you're ready to stop surviving and start leading yourself. I'll help you navigate the chaos, reclaim your calm, and rise into the woman you were always meant to be.

# Hey Legend! The pain isn't your ending – it's your initiation.

## Work With Me!



[Book your free MIDLIFE clarity call with me!](#)

## Navigate Your MIDLIFE with Confidence

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Thank you for embarking on this vital journey of self-understanding and empowerment during your menopause, MIDLIFE transition. Your proactive commitment to navigating this significant life stage is truly inspiring.

As you explore new insights, reflect on your experiences, and engage with guidance tailored to you, know that every step is a powerful move towards a more balanced, energetic, and confident version of yourself. Embrace the changes, honour your body, and discover the strength that lies within this transformative phase.

Remember, menopause is a unique journey, not a fixed destination. Be kind to yourself, celebrate your resilience, and acknowledge every small victory. You possess the wisdom and courage to transform this period into one of profound growth and well-being.

I am honoured to support you on your path to thriving through menopause and am here to cheer you on every step of the way.

With understanding and positivity,

Passionately yours, Rachna

Founder, TransformWithRachna