How to Prepare for a conversation with your doctor

Menopause

Talking about menopause

It’s natural to feel anxious, irritable, nervous, or even unmotivated as you enter the menopause phase.3 How long your menopause symptoms last varies by person.3 Periods stop happening when your ovaries produce different amounts of egg every month.2 Menopause is the stage where you stop having periods for 12 months in a row.3 Menopause happens gradually during a phase called perimenopause.3 How long your menopause symptoms last varies by person.3

Some menopause symptoms affect physically or emotionally and impact your ability to do the things you once enjoyed.4 Some menopause symptoms may also be symptoms of other health conditions. If you have any questions or concerns, talk to your healthcare provider.

Preparing for a conversation with your healthcare professional can help. You may want to think about questions you might have before your visit. You can use these questions to guide your conversation.

What happened?

• What was the date of your last period?
• What was the length of your last period?
• How many days were you bleeding?

What does it happen?

• Menopause symptoms can be physical, such as hot flashes, vaginal dryness, or problems with sleep.
• Menopause symptoms can also be emotional, such as feeling more anxious, irritable, nervous, or unmotivated.
• Menopause symptoms may also affect mood, psychological state, and cognitive ability.

What are symptoms?

Menopause symptoms can vary from person to person. Some common symptoms of menopause include:

- VASOMOTOR
  - Hot flashes
  - Night sweats
- UROGENITAL
  - Vaginal dryness
  - Urinary urgency
  - Urinary incontinence
- CHANGES IN YOUR PERIOD
  - Heavy or lighter than normal
  - Period longer or shorter than normal
- OTHER
  - Feeling forgetful
  - Difficulty concentrating
  - Feeling in a ‘fog’
  - Feeling warm in your face, sweating at night, often while trying to sleep
  - Feeling that your heart is beating stronger or faster than normal

Who can I talk to?

You can talk to your primary care provider, or Obstetrician/Gynecologist.

MENOPAUSE FACTS

Here are some common symptoms of menopause. They may also be symptoms of other health conditions. If you have any questions or concerns, talk to your healthcare provider.

Menopause happens gradually during a phase called perimenopause.3 How long your menopause symptoms last varies by person.3 Some menopause symptoms affect physically or emotionally and impact your ability to do the things you once enjoyed.4 Some menopause symptoms may also be symptoms of other health conditions. If this happens to you, talk to your healthcare provider about your options.

MENOPAUSE SYMPTOMS

The menopause transition and women’s health at midlife: a progress report from the Study of Women’s Health Across the Nation (SWAN). Menopause (New York, NY), 26(10), 1213.


