

10 QUESTIONS TO ASK YOUR DOCTOR ABOUT PERIMENOPAUSE OR MENOPAUSE

Could my symptoms be related to perimenopause even if I'm still getting regular periods?

How do we determine if I'm in peri? What tests might be helpful besides a basic blood panel?

What are my options for managing symptoms like hot flashes, mood changes, brain fog, or sleep disturbances?

Is HRT an option for me? What are the benefits and risks given my medical history?

If HRT isn't right for me (or if I don't want it) what are other treatment options I should consider?

How often should we monitor my symptoms or adjust my treatment plan?

Do you treat perimenopause/menopause symptoms based on lab results, my symptoms or both?

Are there lifestyle changes or supplements that could help with my perimenopause symptoms.

If I'm already on medication for another condition, how might that affect my menopause management?

At what point do you typically refer patients to a specialist for menopause related care?