

Questions for Your Health Care Provider

Any time you visit your health care provider, it's a good idea to take your questions to the office in written form, so you can remember what to ask. Here are some typical questions women ask their health care providers about menopause. Take this with you to help you start the conversation with your provider.

- Is treating women experiencing menopause part of your practice? If not, can you recommend a specialist?
- How can I tell if what I'm experiencing is caused by menopause, or some other condition?
- How long will my symptoms last? How will menopause affect my health overall?
- How long should I keep using birth control? Do I need treatment for menopause? If so, what treatments are best for me?
- Is hormone replacement therapy right for me? What are the side effects, and how can I deal with them?
- How safe is hormone therapy for me? How will menopause affect my sex life?
- How does menopause affect other diseases or conditions I have?
- Does menopause increase my risk for other conditions? What tests or screenings should I have now, and how often?
- Are there any medications, supplements, or natural remedies you recommend?
- Should I make any changes to my diet? How much and what kinds of exercise should I be doing?
- Are there other lifestyle habits that could be especially helpful for me?
- How long does menopause typically last, and how will I know when it's over?