

Thank you for exploring the Menopause Map™.  
Use this form to start tracking your journey.

# POSTMENOPAUSE



In order to be sure, check with your healthcare provider.

## NOW, LET'S TALK ABOUT IT!

1. Make an appointment to see your healthcare provider. Look for an endocrinologist in your area at [hormone.org/find-an-endocrinologist](http://hormone.org/find-an-endocrinologist).

Date: \_\_\_\_\_ Time: \_\_\_\_\_

2. Discuss any symptoms you are having with your healthcare provider (check all that apply):

Irregular menstrual cycles

Hot flashes

Sleep disturbances or insomnia

Night sweats

Elevated heart rate

Mood changes, such as irritability, anxiety,  
or depression

Other symptoms: \_\_\_\_\_

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Vaginal dryness or discomfort  
during intercourse

Urinary problems

Memory or concentration problems

Weight gain

Hair changes

Skin changes

## LET'S TALK ABOUT IT: MEET OTHER WOMEN ON THE JOURNEY!

One great way to be empowered, encouraged, and informed is to join the conversation with our partners, Red Hot Mamas' Menopause Support Group!

Signing up is easy, and we're waiting for your voice!

[inspire.com/groups/red-hot-mamas-menopause](http://inspire.com/groups/red-hot-mamas-menopause)



## GET MORE INFORMATION

Explore our online guide, Menopause Map™—My Personal Path  
at [mypersonalpath.com/gtg](http://mypersonalpath.com/gtg)



### 3. Questions you may want to discuss with your healthcare 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?
- Other questions: \_\_\_\_\_

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