

Based on your response to the  
Menopause Map™ questions, you are currently

# NOT IN MENOPAUSE

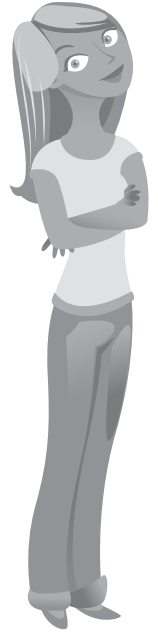
MENO  PAUSE

LET'S TALK ABOUT IT.

Before your next check-up, make sure you do these four things.

## 1. Review your family health history.

Are there any new conditions or diseases that have occurred in your close relatives since your last visit? Family history might influence your risk of developing heart disease, stroke, diabetes, or cancer. Your health care provider will assess your risk of disease based on your family history and other factors.



### Conditions present in family history:

- cancer
- diabetes
- depression
- heart disease
- high blood pressure
- pregnancy losses
- stroke/blood clots
- other

Family history notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Find out if you are due for any general screenings or vaccinations.

Check with your health care provider to see if it's time for:

- vaccinations
- follow-up exams
- Pap test
- mammogram
- colon cancer screening
- sexually transmitted disease screening
- blood pressure check
- tetanus shot
- eye check
- other screening

### 3. Write down a list of issues and questions to take with you.

Review any existing health problems and note any changes.

- Have you noticed any body changes, including lumps or skin changes?
- Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?
- Have your eating habits changed?
- Are you experiencing depression, anxiety, trauma, distress, or sleeping problems? If so, note when the change began, how it's different from before, and any other observation that you think might be helpful.

Other issues and questions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 4. Consider your future.

Are there specific health issues that need addressing concerning your future? Are you thinking about:

- infertility treatment
- losing weight
- taking a hazardous job
- quitting smoking
- other

Discuss any issues with your provider so that you can make better decisions regarding your health and safety.

Questions about your future health: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Make an appointment to see your health care provider.

Date and time: \_\_\_\_\_

Adapted from the Centers for Disease Control and Prevention's *Check-Up Checklist: Things to Do Before Your Next Check-Up*

**You have questions. We have answers.**

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at [hormone.org](http://hormone.org).

