

Based on your response to the  
Menopause Map™ questions, you may be in

# PERIMENOPAUSE

# MENO PAUSE

LET'S TALK ABOUT IT.

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



## Now what? Let's talk about it!

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

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

\_\_\_\_\_

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

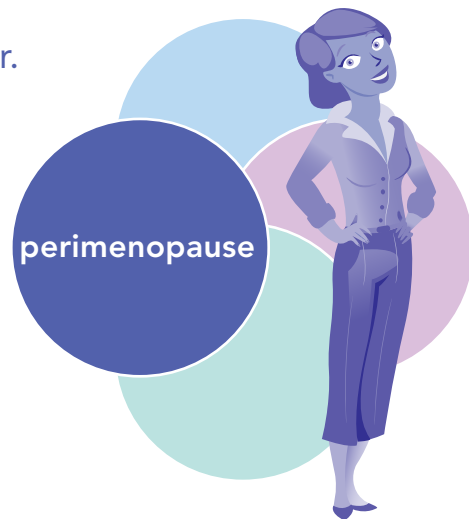
- Irregular menstrual cycles
- Hot flashes
- Sleep disturbances or insomnia
- Night sweats
- Elevated heart rate
- Mood changes, such as irritability, anxiety, or depression
- Vaginal dryness or discomfort during intercourse
- Urinary problems
- Memory or concentration problems
- Weight gain
- Hair changes
- Skin changes
- Other symptoms:

\_\_\_\_\_

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### 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 at the **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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#### Keep the Conversation Going: the Menopause Map™ e-newsletter!

Exploring the *Menopause Map™—My Personal Path* guide is really just the beginning of your journey. There's much more to learn! Sign up for our Menopause Map™ e-newsletter!

[mypersonalpath.com/email.php](http://mypersonalpath.com/email.php)

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