MY MENOPAUSE APPOINTMENT CHECKLIST

Booking an appointment with your healthcare provider to discuss menopause is the first step to taking control of your health. However, this can be overwhelming for some people, making it easy to forget important details or questions. To help you feel more prepared and get the most out of your appointment, use the checklist below.

- ◯ **Taking the Greene Climacteric Scale questionnaire and downloading your results**
- ◯ **Making a note of your menopause symptoms, such as hot flushes and feeling anxious**
- ◯ **Keeping a track of your period, such as in a diary or by using an app on your phone**
- ◯ **Doing research on the different treatment options so you have an idea of what might be available**
- ◯ **Asking a trusted friend or family member to come to your appointment, if that would help you feel more comfortable**
- ◯ **Collating your medical history and a list of any medications you take**
- ◯ **Creating a list of questions to ask your doctor**

Here are some questions to help you start those conversations:

- What are the symptoms of menopause that I may experience?
- How can I manage my menopause symptoms?
- Are there any changes to my lifestyle that can help manage my symptoms?
- What types of treatment options are available for menopause?
- How could treatments help manage my symptoms?
- Where can I find out more information about menopause?
- Are there any support groups or organisations for menopause that I can join?

WHY NOT START BY TICKING OFF THE FIRST ITEM ON THIS LIST BY TAKING THE GREENE CLIMACTERIC SCALE QUESTIONNAIRE HERE