

Menopause

Making My Menopause Questions Clear

Adults | 10 to 15 minutes

Menopause and the transition around it can be experienced in different ways. You may have questions about sleep, mood, concentration, physical comfort, or changing expectations. Describe your experience without assuming every new symptom has the same cause.

Choose two or three concerns for a healthcare visit. Use rough timing and daily impact rather than trying to diagnose yourself.

Describe changes and context

Note what has changed, when you noticed it, and how it affects work, relationships, or rest. Include relevant health or medication changes for your clinician to review.

Ask about individualized options

Prepare questions about evaluation, benefits and risks of suitable options, and follow-up. A practical support request may also concern temperature, scheduling, privacy, or help with tasks.

1. What changes or symptoms would I like to discuss?**2. How do they affect my daily life or wellbeing?****3. What evaluation or treatment questions do I want answered?****4. What practical adjustment or support could help while care is arranged?****Clinical use and adaptation**

Do not assume symptoms are menopausal or prescribe hormones, supplements, or medication changes. Use inclusive language and avoid age stereotypes. New, severe, unusual, or concerning symptoms need appropriate medical assessment, not attribution to a life stage alone.