

Discussing your symptoms

These questions may help you discuss the menopause with your healthcare professional.

DIAGNOSIS

- How is the menopause diagnosed?
- Is there a menopause test I can take?
- Can the menopause be diagnosed if I am taking a hormonal treatment?

ABOUT PREMATURE MENOPAUSE (premature ovarian insufficiency)

- What causes premature menopause?
- Why does premature menopause happen?
- What health risks are associated with untreated premature menopause?
- Can I become pregnant after premature menopause?

TREATMENT FOR MENOPAUSAL SYMPTOMS

- What types of treatment are right for my menopausal symptoms?
- What are the benefits and risks of different menopause treatments?
- What complementary therapies can help with menopausal symptoms?
- Are complementary therapies suitable during menopause treatment?
- Why is hormone replacement therapy (HRT) recommended?
- What are the alternatives to HRT?
- What type of HRT is right for me?
- How quickly does HRT work?
- Can I become pregnant whilst using HRT?
- When should I stop taking HRT and how?
- Is it okay to stop HRT?
- Are there any serious side effects from HRT?
- What are the long-term effects of HRT?
- What additional information is available about menopause treatment?

KEEPING A RECORD

You should try to keep a record of when your last period took place and your period patterns. Also keep a note (or symptom diary) of symptoms you may be suffering from, such as:

- How many hot flushes are you getting per week
- How severe are your hot flushes
- How many nights are you waking up per week due to night sweats

ABOUT MENOPAUSE

- What should I expect during the menopause?
- Can I become pregnant during the menopause?
- What should I expect if I am having medical treatment that will trigger menopause?
- What menopause support organisations are in my local area?
- What menopause information is available for family or carers?

LIFESTYLE

- What lifestyle changes should I make to help my menopausal symptoms?
- Will physical activity improve menopausal symptoms?
- Will changing diet improve menopausal symptoms?
- What menopause treatments are available if I am overweight?
- What menopause treatments are available if I am a smoker?
- How common are night sweats?