

ROCK MY MEN♀PAUSE

MY MENOPAUSE APPOINTMENT GUIDE

OK ladies, this is a cheat sheet for a really good menopause chat with your GP surgery. Use this before your appointment. It covers everything you and your GP need to know to help you get across what it is that you need in order to feel better.

Words by Dr. Jane Davis

1

What is your height and weight?



5

How much alcohol do you drink in a week?



2

Are you taking regular medications?



Yes / No

6

Have you measured your blood pressure at home?



Don't worry if not, your GP record may have a recording

3

Any significant illnesses or operations?



Yes / No

7

Do you have a womb?

You will need oestrogen and a progestogen unless your womb has been removed (hysterectomy)

Yes / No

4

Do you smoke?



Yes / No

8

Was your last period over 12 months ago?

Perimenopause means your last period was less than 12 months ago

Yes / No

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Rock My Menopause is a campaign of the Primary Care Women's Health Forum, a group of 10,000 healthcare professionals with a special interest in women's health. We aim to equip people with the information and support they need to become more menopause aware.

► Primary Healthcare Practitioners – see risk review from NICE (NG23) <https://tinyurl.com/tpc34ky>

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Are you due for a smear?

'Smears without Tears' from the Vulval Pain Society has tips for making smear tests as comfortable as possible. <https://tinyurl.com/wq3olxk>

Yes / No

10

Are you due for a mammogram?

Overview from the NHS on breast cancer screening. <https://tinyurl.com/y9dp9buq>

Yes / No

11

Do you feel that your symptoms are related to the menopause?

See RockMyMenopause.com for symptoms of menopause <https://tinyurl.com/yby9wvve>

Yes / No

12

Which symptoms are you most concerned about?

Use the helpful 'Symptom Tracker' at RockMyMenopause.com to note down your symptoms. <https://tinyurl.com/ybbc8vsv>

Yes / No

13

Are you hoping to be prescribed HRT?

YES – If you have questions about HRT, this guide, 'HRT in a nutshell' has advice to help you make an informed decision. <https://tinyurl.com/ycz65o3s>

NO – Try reading this helpful guide to 'Alternatives to HRT'. <https://tinyurl.com/yb6q2gel>

Yes / No

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Have you found out about benefits and potential long-term risks of using HRT?

NO – Ask your GP for information, or listen to this webinar on HRT at RockMyMenopause.com <https://tinyurl.com/w5msp95> <https://tinyurl.com/yddh9zfb>

Yes / No

15

Are there risks of HRT that you would like to discuss further?



Yes / No

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Do you have any vaginal dryness or discomfort?

If Yes, these resources on vulval skin care <https://tinyurl.com/ydcra8c> and vaginal dryness <https://tinyurl.com/y84gkneb> have tips for relieving discomfort.

Yes / No

17

Are you concerned about your sex drive or vaginal bleeding?



Yes / No

18

Are you at risk of pregnancy?



Yes / No