

What to say at your appointment

So you walk in prepared, and leave being taken seriously.

Describe what you feel, in your own words

- "Here is what changed, and about when it started."
 - "On a bad day I get around ____ hot flashes."
 - "I wake around 3am and can't get back to sleep, ____ nights a week."
 - "My mood and irritability feel different from my usual PMS."
 - "Brain fog is affecting my ____ (work, driving, finding words)."
 - "My periods have changed like this: ____"
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Questions worth asking

- "Could this be perimenopause?"
 - "What can we do to track it, or rule other things out?"
 - "What are my options for sleep, mood, and hot flashes?"
 - "What should I monitor before my next visit?"
 - "If it is not perimenopause, what else could it be?"
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If you feel dismissed

- Perimenopause can begin in your 40s, sometimes earlier. It is reasonable to ask.
- Bring your symptom tracker, so it is not down to a 3am memory.
- You can ask for a second opinion. You know your body.

You're not imagining it. You deserve to be heard.