

**Template for Menopause Consult**  
**A structured approach to menopause consultations**

<b>Menopause consult</b>
<b>History</b>
Main concerns
LMP/menstrual history
Menopause/perimenopause symptoms – vasomotor, psychological, musculoskeletal genitourinary, sexual, other
Past medical history – gynaecological, cardiovascular, cancer, VTE, osteoporosis, migraine
Family history – cancer, VTE, CVD, osteoporosis
Breast screening, last MMG
Cervical screening
Bowel cancer screening
Social history
Smoking, diet, alcohol, drugs, complementary therapies, exercise
Cardiovascular risks
Bone health
Contraception
<b>Examination</b>
<b>Plan – don't forget lifestyle advice</b>

[menopause.org.au](http://menopause.org.au)

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