This checklist has been designed to assist women seeking an appointment with a health professional to discuss issues that concern them during midlife and menopause. Time is always short, and this list is designed to both receive and provide information ahead of a consultation. As you fill it in, it will make suggestions about where to find information on the Australasian Menopause Society (AMS) website that relates to areas that you might be interested in.

**On the home page of the AMS website:** [menopause.org.au](https://menopause.org.au/)**, choose the Consumer Information tab and you will find a list of** [Videos](https://menopause.org.au/health-info/menopause-videos) **covering topics including:**

* [Menopause-What are the symptoms?](https://www.menopause.org.au/health-info/menopause-videos/what-are-the-symptoms)
* [Menopause-How will it affect my health?](https://www.menopause.org.au/health-info/menopause-videos/how-will-it-affect-my-health)
* [What is Menopausal Hormone Therapy (HRT)?](https://www.menopause.org.au/health-info/menopause-videos/what-is-menopausal-hormone-therapy-hrt)
* [Menopause-Complementary Therapies](https://www.menopause.org.au/health-info/menopause-videos/complementary-therapies)
* [Menopause-Non-hormonal Treatment Options](https://www.menopause.org.au/health-info/menopause-videos/non-hormonal-treatment-options)
* [Menopause-Will it affect my sex life?](https://www.menopause.org.au/health-info/menopause-videos/will-it-affect-my-sex-life)

**There are a wide range of** [**Fact Sheets**](https://menopause.org.au/health-info/fact-sheets/) **on specific topics that you may be interested to look at.**

[Self-Assessment tools](https://menopause.org.au/health-info/self-assessment-tools) **assist you to look at your personal risk of:**

* [Breast cancer](https://www.menopause.org.au/health-info/self-assessment-tools/breast-cancer)
* [Cardiovascular disease](https://www.menopause.org.au/health-info/self-assessment-tools/breast-cancer)
* [Osteoporotic fracture](https://www.menopause.org.au/health-info/self-assessment-tools/osteoporotic-fracture)

*IT IS LIKELY THAT MORE THAN ONE CONSULTATION*

*WILL BE NECESSARY TO COVER ALL AREAS THAT YOU ARE INTERESTED IN*

Find Information Videos and Fact Sheets at:

the Australasian Menopause Society-[menopause.org.au](https://menopause.org.au/)

|  |  |  |
| --- | --- | --- |
| CHECKLIST | Y/N | Write your information in blank spaces  & WHERE TO FIND MORE INFORMATION |
| Are you taking regular medications? Please List |  |  |
| Are you allergic to anything? |  |  |
| Any significant illnesses or operations? |  |  |
| Family History of significant illnesses? |  |  |
| Do you drink alcohol? If yes how much? |  |  |
| Are you a smoker? How much? |  |  |
| Have you ever had a DVT or blood clot? |  |  |
| Is your Cervical Screening (smear) up to date? When did you have it? |  | [National Cervical Screening program](https://www.health.gov.au/initiatives-and-programs/national-cervical-screening-program)  <https://www.health.gov.au/initiatives-and-programs/national-cervical-screening-program> |
| Have you had a mammogram? When was your last? |  | Breastscreen: free call 132050 |
| When was your last period?  Did your period finish before age 45? |  | Menopause means your last period was over 12 months ago; Perimenopause means you have had one within 12 months |
| Have you had a bone density scan? When was your last? |  | [Healthy Bones Australia](https://healthybonesaustralia.org.au/) for information about bone health  <https://healthybonesaustralia.org.au/> |
| Do you have symptoms that relate to menopause? |  | Fact sheet: [Menopause what are the symptoms](https://menopause.org.au/health-info/fact-sheets/menopause-what-are-the-symptoms)? |
| Which symptoms cause most trouble for you? |  |  |
| What have you tried so far to manage these symptoms? |  |  |
| Do you have concerns about Menopausal Hormone Therapy? |  | Fact sheet: [What is Menopausal Hormone Therapy (MHT) and is it safe?](https://menopause.org.au/health-info/fact-sheets/what-is-menopausal-hormone-therapy-mht-and-is-it-safe) |
| Have you had a hysterectomy? |  |  |
| Is vaginal dryness or painful sex an issue for you? |  |  |
| Are you concerned about your libido? |  |  |
| Do you have irregular vaginal bleeding? |  |  |
| Are you hoping to be prescribed Menopausal Hormone Therapy? |  |  |