

Menopause and Midlife

Pre -Appointment Guide

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, choose the Consumer Information tab and you will find a list of [Videos](#) covering topics including:

- [Menopause-What are the symptoms?](#)
- [Menopause-How will it affect my health?](#)
- [What is Menopausal Hormone Therapy \(HRT\)?](#)
- [Menopause-Complementary Therapies](#)
- [Menopause-Non-hormonal Treatment Options](#)
- [Menopause-Will it affect my sex life?](#)

There are a wide range of [Fact Sheets](#) on specific topics that you may be interested to look at.

[Self-Assessment tools](#) assist you to look at your personal risk of:

- [Breast cancer](#)
- [Cardiovascular disease](#)
- [Osteoporotic fracture](#)

*IT IS LIKELY THAT MORE THAN ONE CONSULTATION
WILL BE NECESSARY TO COVER ALL AREAS THAT YOU ARE INTERESTED IN*

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Find Information Videos and Fact Sheets at:
the Australasian Menopause Society-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
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 for information about bone health https://healthybonesaustralia.org.au/
Do you have symptoms that relate to menopause?		Fact sheet: 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?
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?		