

Managing your menopause journey— together



Menopause is a time of transition for women.¹

Every woman's experience during the menopause transition is unique. Menopausal symptoms can vary in severity and may interfere with daily life.¹ Discussing your symptoms and concerns with your doctor can help create a treatment plan that is ideal for you.

Let's talk about menopause

Your input is important. Share your thoughts, feelings, and concerns during the healthcare decision-making process. Try discussing the following with your doctor²:

- Talk about any menopause-related symptoms you might be experiencing, such as:
 - Changes to periods¹
 - Vaginal dryness¹
 - Pain during sex¹
 - Joint pain¹
 - Hot flashes and/or night sweats¹
 - Sleep disruptions¹
 - Mood changes¹
 - Changes in memory¹
- Discuss any concerns related to menopause, including menopause treatments and menopause-related risks²
- Work with your doctor to develop a treatment plan for your menopause symptoms²

Is now the right time to talk about menopause?



If you and your doctor determine it's menopause, there may be treatments to help

You and your doctor are a team.

During your visit, your doctor will likely ask questions about how you're feeling, your health and family history, and any medications you're taking. Together, you can decide where you are in your journey and if a treatment option is right for you.

Reaching a decision with your doctor²

Work with your doctor to discuss your menopausal transition.

- Before your doctor's visit, write down any questions and concerns about menopause
- During your doctor's visit, ask your doctor for additional information about menopause treatment options
- If needed, ask for more time to consider your treatment options
- Reach out to your doctor when you're ready to reach a decision about treatment

Follow up on your treatment plan²

Once a decision has been made, it will be important to follow up with your doctor about your treatment plan.

- Review how you're doing on the treatment plan
- Discuss any barriers to your treatment plan
- Revisit the treatment plan to see if other decisions need to be made
- Check in to see if you need follow-up appointments

Menopause is worth the discussion

Hormone therapy, non-hormone therapy, and non-prescription therapy options may be available for your menopause symptoms.^{4,5}



References: **1.** Monteleone P, Mascagni G, Giannini A, Genazzani AR, Simoncini T. Symptoms of menopause - global prevalence, physiology and implications. *Nat Rev Endocrinol* 2018;14(4):199-215. **2.** Agency for Healthcare Research and Quality. The SHARE Approach. Essential steps of shared decisionmaking: expanded reference guide with sample conversation starters (04-2014). <https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/education/curriculum-tools/shareddecisionmaking/tools/tool-2/share-tool2.pdf>. Accessed 06-01-2023. **3.** Santoro NF. Menopause. In: Crandall CJ, Bachman GA, Faubion SS, et al, eds. *Menopause Practice: A Clinician's Guide*. 6th ed. Pepper Pike, OH: The North American Menopause Society, 2019:1-21. **4.** Thurston RC. Vasomotor symptoms. In: Crandall CJ, Bachman GA, Faubion SS, et al., eds. *Menopause Practice: A Clinician's Guide*. 6th ed. Pepper Pike, OH: The North American Menopause Society, 2019:43-55. **5.** Liu JH. Prescription therapies. In: Crandall CJ, Bachman GA, Faubion SS, et al., eds. *Menopause Practice: A Clinician's Guide*. 6th ed. Pepper Pike, OH: The North American Menopause Society, 2019:277-317.