



women in balance

knowledge is power. balance is everything.

### **10 Questions to Ask Your Health Care Provider**

1. Based on my age and background, when can I expect symptoms of perimenopause or menopause, and what might I experience?
2. What can I do to relieve and address my menopausal symptoms such as hot flashes, insomnia, low energy, vaginal dryness or decreased sexual desire?
3. How do you test hormone levels? What hormones do you test and why? Do you test thyroid levels?
4. What is your philosophy about hormone therapy? What can you tell me about natural or bioidentical hormones?
5. Am I a candidate for bioidentical hormones? If so, and you prescribe them, how can we work together to ensure that I am getting a dose that is appropriate for me?
6. If I choose hormone therapy, are there different ways I can take them such as capsules, topical creams, vaginal creams or suppositories? What are the advantages or disadvantages to these different options?
7. What are my risk factors for breast cancer, heart disease and osteoporosis, and what can I do to prevent these problems?
8. When should I get my first bone density scan to detect osteoporosis? How often should I get a mammogram, clinical breast exam and pap smear? When should I have my cholesterol, triglycerides and vitamin D levels checked?
9. Are there foods, nutritional supplements, and herbs that can help with symptoms and address health problems?
10. What types of exercise and lifestyle changes will keep me healthy? How does exercise influence my bones, my heart, or other health issues?