

Ten Questions You Should Ask Your Doctor

1. What are my risk factors for breast cancer, heart disease and osteoporosis, and how can I affect them?
2. Based on my age, when can I expect symptoms of perimenopause or menopause, and what are the symptoms?
3. Do you know how to test my hormone levels? What hormones do you test and why? What test do you use and why?
4. What can I do to relieve and address my menopausal symptoms such as hot flashes, insomnia, low energy, or decreased sexual desire?
5. What are the risks of synthetic HRT medications?
6. Can you tell me about “natural” or bioidentical hormones? Are there different ways I can take them such as capsules, topical creams, vaginal creams or suppositories?
7. 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?
8. When should I get my first bone density scan to detect osteoporosis? How often should I get a mammogram, clinical exam or perform a self-breast exam? When should I have my cholesterol, lipids and triglycerides tested?
9. Can you tell me about foods, nutritional supplements, and herbs to 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?