

This tool is not intended to result in a diagnosis or a treatment recommendation. It's meant to help you have a more meaningful discussion with your doctor.

	To create a guide that will make it easier to talk with your doctor about menopause, print this list and mark off the questions you have. Then bring it to your next doctor's appointment.
	Am I going through menopause?
	Do I need any tests?
	What other symptoms can I expect?
	How long am I likely to feel this way?
	What options are available for me to help manage the symptoms?
	What are the benefits of each option?
	What are the side effects or risks of each option?
	How will menopause affect my health over the long term?
	Are there diet, exercise or lifestyle changes that might help?
	Do I still need to use birth control?
	When should I come back for a follow-up appointment?

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<https://www.pfizer.com.au/your-health/conditions/womens-health/10-questions-to-ask-your-doctor-about-menopause>