

QUESTIONS TO ASK YOUR DOCTOR ABOUT MENOPAUSE



Menopause begins with the final menstrual period and is confirmed after one year of no menstrual bleeding. Perimenopause usually begins several years before menopause, as the ovaries gradually produce less and less estrogen. The majority of women go through the transition to menopause between the ages of 40 and 58 years.

Most women experience menopause as a natural part of aging. However, some women experience menopause triggered by medical conditions, surgery (like removal of the ovaries), chemotherapy, or genetic conditions.

The symptoms associated with menopause can have a significant effect on quality of life. Fortunately, there are safe and effective treatments available to help women feel well during menopause. Good communication with your doctor or other health care professional is key to solving many menopause concerns.

Here are some questions to ask your doctor about menopause.

1. **What is the difference between perimenopause and menopause?**
2. **What are the symptoms of perimenopause and menopause?**
3. **Is it possible that menopause is causing me to feel irritable, or causing other mood or mental health changes?**
4. **How might menopause affect my sexual function, including my interest in sex?**
5. **How will my body change after menopause?**
6. **Will menopause cause weight gain?**
7. **Are there specific health concerns that I should be aware of after menopause?**
8. **Are there any safe and effective medical treatments for my bothersome menopausal symptoms?**
9. **What are the benefits and risks of hormone replacement therapy?**
10. **Are there any safe and effective complementary and alternative medicine treatments for menopause?**
11. **What health maintenance tests, including cancer screenings, do I need after menopause?**

For more information about female sexual function in the context of cancer, visit www.womanlab.org, and connect:

 @WomanLab_

 WeAreWomanLab

 info@womanlab.org

Important professional organizations recommend that doctors talk to women with cancer about sexual function:

National Comprehensive Cancer Network (www.nccn.org)

National Cancer Institute (www.cancer.gov)

The American Congress of Obstetricians and Gynecologists
(www.acog.org)

Society of Gynecologic Oncology (www.sgo.org)

Scientific Network for Female Sexual Health and Cancer
(www.cancersexnetwork.org)