

Talking to Your Healthcare Provider about Menopause

Why It Matters



Many women feel dismissed when they bring up symptoms of menopause. Preparing ahead helps you feel confident, helps your provider listen and understand, and reminds you that your health and well-being matter.

Prep for the Appointment



- Track your symptoms (sleep, period changes, hot flashes)
- Note daily impact (work, relationships, faith, quality of life)
- List questions/concerns (what is happening in my body?)
- Bring your history (family health, meds, supplements)

What to Say



- “I’ve been tracking my symptoms, and here’s what I notice...”
- “These symptoms are affecting my daily life in these ways...”
- “What are my options for relief? What are hormone and non-hormone options?”

Advocate for Yourself



- You deserve compassionate, thorough care.
- If you feel unheard, it’s OK to seek another provider.
- You are not alone; millions of women are navigating this too.

Download your free Symptom Tracker at
www.gracehormonehealth.com/symptom-tracker

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