



THE *herban* ALCHEMIST



Perimenopause and Menopause

WELLNESS CHECK

By

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One of the most nurturing things you can do for yourself during Perimenopause and Menopause is to take care of your Physical Body by getting regular Medical Check Ups. You may use this guide to schedule yearly checkups and check ins with your medical team. If you don't have a team, perhaps now you can create one. We love to promote Integrative Medicine as a model for your best healthcare. Let's first explore what Integrative Medicine is and how it can help you!

What is Integrative Medicine?

Integrative medicine focuses on you as a whole person and not just your illness or disease. While it seeks to understand the underlying cause of your symptoms or condition, it does so by looking at your complete mind, body, and spirit. Integrative medicine uses an evidence-based approach to improve your health and wellness.

Integrative medicine believes your physical, mental, emotional, and spiritual needs affect your health. It believes those needs rely on each other and affect your entire well-being. There are many different aspects to address, so integrative medicine uses a combination of therapies and lifestyle changes.

With integrative medicine, the relationships between you and your healthcare providers are important. You are equal partners in your healing process. Integrative medicine aims for well-coordinated care among different providers and specialists. It brings together conventional healthcare approaches (like medication and psychotherapy) and complimentary therapies (like acupuncture and yoga). In this way, integrative medicine "integrates" all aspects of your well-being to achieve optimal health and healing.

What type of providers deliver Integrative Medicine?

A variety of healthcare providers delivers care through integrative medicine. Below is a list of practitioners that may be part of your Wellness team. Use this space to make a list of the providers on your team. This may give you some insights into areas that you may need more support.

These providers may include:

- Physicians
 - General Practice
 - Ob/Gyn
 - Cardiologists
 - Gastroenterologist
 - Dermatologists
 - Other Specialists
- Chiropractors
- Acupuncturists
- Naturopathic Doctors
- Yoga Practitioners
- Massage Therapists
- Nutritionists
- Herbalists
- Fitness Instructors and Classes
- Psychotherapists
- Physical Therapists

LABORATORY TESTING

Often the Root of the Symptoms during Perimenopause and Menopause needs to be explored deeper. Getting Checkup with your doctors may include some Laboratory Tests to determine the Root of the symptoms and help guide the Therapies.

Below are some Tests and Workups that may be good to Explore with your medical team. You can ask your doctors to order tests and exams if the areas below apply to you:

BLOOD WORK:

General:

- Comprehensive Metabolic Panel
- Complete Blood Count with Differential
- Lipid Panel
- HbA1c
- Fasting Insulin
- Iron
- B12/Folate
- Vitamin D3
- CRP
- ESR

Fatigue and Pain:

- Epstein Barr Panel
- ANA
- RF
- Lyme Panel
Elisa
Western Blot

Hormones:

- DHEA
- Estradiol
- Progesterone
- Testosterone
- FSH/LH
- TSH
- T4
- T3
- Thyroid Peroxidase
- Thyroid Antiglobulin
- PTH

URINE:

- Urinalysis
- Adrenal Neurotransmitters

STOOL:

- Ova and Parasites
- Cologuard
- Occult Blood
- H. Pylori

GYNECOLOGY:

- PAP SMEAR
- STD Testing
- Pelvic Ultrasound
- Mammogram

CARDIOLOGY:

- EKG
- ECG
- Cardiac Stress Test
- Cardiac Calcium Score CT scan

X-RAYS and MRIs

- Bone Density Dexascan

GASTROENTEROLOGY:

- Endoscopy
- Colonoscopy
- Allergy testing
- H. Pylori and SIBO
- Parasite Testing

INTEGRATIVE TEAM CHECKLIST:

Use this space to write in the dates of your appointments.

General Practice Doctor

Laboratory Testing

OB/GYN

Cardiologist

Dermatologist

Gastroenterologist

Psychotherapy and Counselling

Chiropractor

Yoga and Fitness Classes

Massage

Acupuncture

Physical Therapy

Nutritionist

Connect with Dr. Gabrielle Francis

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