SHARE LIFE GIFTS, INC.

MY MENOPAUSE HEALTH ADVOCACY CHECKLIST

Your symptoms matter. Your questions deserve answers. Your voice belongs in every care decision.

1 BEFORE YOUR APPOINTMENT

- [ ] Track changes in periods, hot flashes, night sweats, sleep, mood, and pain.
- [ ] List medicines, supplements, medical history, and family health concerns.
- [ ] Write down the 2-3 concerns that most affect your daily life.

2 QUESTIONS I CAN ASK MY HEALTHCARE PROFESSIONAL

- [ ] Could these symptoms be related to perimenopause or menopause?
- [ ] What treatments could help me, including nonhormonal options?
- [ ] Should I have my blood pressure, cholesterol, or blood sugar checked?
- [ ] How can I protect my heart, bones, and muscles as I age?
- [ ] Could menopause be affecting my sleep, mood, or sexual health?
- [ ] Which symptoms require prompt medical evaluation?
- [ ] Can you explain the benefits, risks, costs, and alternatives of this plan?

3 DURING THE VISIT: I HAVE THE RIGHT TO...

- [ ] Describe my experience in my own words and be taken seriously.
- [ ] Ask for plain-language explanations and culturally respectful care.
- [ ] Request a second opinion, an interpreter, or a written care plan.

4 MY NOTES AND NEXT STEPS

My top concern: _____

What we decided: _____

Follow-up date / action: _____

TRUSTED RESOURCES

Menopause education: menopause.org/patient-education

Symptom tracker: acog.org/womens-health/health-tools/menopause-symptom-tracker

Healthy eating: nhlbi.nih.gov/resources/heart-healthy-home-cooking-african-american-style

Important: Bleeding after menopause should be assessed by a healthcare professional.

Educational information only; not a substitute for personal medical advice. If you feel dismissed, you can request clarification or another clinician.