

# Menopause Questions to Ask Your Doctor

Could menopause be the cause of my symptoms?

I'm trying to relieve my symptoms. Should I make any changes to my lifestyle before taking medication?

What can I do to avoid---or lessen the frequency of---hot flashes?

I've noticed dramatic changes in my moods. Is this related to my fluctuating hormones and feelings of depression?

What can I do about vaginal dryness during intercourse? And if I'm losing interest, could this be the cause?

What is hormone replacement therapy? If it's right for me, what are the side effects?

Should I feel comfortable taking vitamins, supplements, or advertised herbal remedies to help treat my symptoms?

How can I protect my bones from the loss of estrogen?

Am I getting the proper nutrition?

Do I need to lose weight?

What types of exercises are appropriate for me?

Should I be using birth control?

What stage of menopause am I in? How do I know when I've made the transition through menopause?

Would you recommend any tests to rule out other possibilities?

Change. With Attitude.  
find out more at [www.menopausechitchat.com](http://www.menopausechitchat.com)

MenoPause  
ChitChat

The logo for Menopause ChitChat features the words "Menopause" and "ChitChat" stacked vertically. "Menopause" is in a dark grey sans-serif font, while "ChitChat" is in a light green sans-serif font. A large, thick, light green curved line arches over the text, resembling a speech bubble or a protective shield.

All information and related materials provided by Menopause ChitChat are for informational purposes only and not intended as a substitute for professional medical advice. You should consult your physician or other qualified healthcare provider with questions regarding a medical condition.