

Preparing for a GP appointment about menopause

Many women feel nervous about raising menopause with their GP. You might worry about being taken seriously, or have heard negative stories from friends about wrong information or misunderstandings. NHS GP appointments are short so preparing a few questions in advance can help you get the most from them.

- What stage of menopause am I in, and how can I tell?
- Could my symptoms be linked to anything else that should be checked?
- What treatment options are available to me (HRT and non-HRT)?
- What are the risks and benefits of HRT for someone in my situation?
- How long can I stay on HRT if I choose it?
- Are there lifestyle changes (diet, exercise, sleep) that could make a difference?
- If HRT isn't suitable, what other alternatives are there?
- When should I book a follow-up, and what should I track in the meantime?



Jo Moran Menopause coach and survivor of the 'Hormone Apocalypse'