

# How To Advocate For Your Perimenopause & Menopause Healthcare

## Find Joy In Your Menopause Journey

As you navigate your menopause journey, it's important to keep in mind two things:

1. Most physicians have not been adequately trained in perimenopause/menopause care
2. You deserve to have the care you need, that is personalized for you

What this means is your mindset about this journey matters. There are steps you can take to optimize your health during this time of your life. This is a brief guide for the initial stage of your perimenopause journey which I hope helps. It's important to surround yourself with like-minded women who understand the mental aspect of how perimenopause and menopause affects us. [If you'd like me on your support team \(to help with the mindset stuff\), schedule a free call with me to learn more.](#)

## Find The Right Doctor For You

- Most PCPs and GYNs are not educated or trained in modern approaches to perimenopause/menopause care
- A small, but growing, number of physicians are focused on providing specialized care based on the most current research ([see the Additional Resources section below for help finding a provider](#))
- Consider researching and finding a provider that can provide the personalized perimenopause/menopause care you deserve

## Plan Your Appointment

- Arrive prepared to discuss your family health history, current medication list, and any changes to personal history over the past year. Make notes to yourself (on your phone or paper) in advance of the visit.
- Be ready to discuss specific menopause related symptoms you may be experiencing such as: decline in libido, increased mood swings or irritability, hot flashes and night sweats. Consider starting a menopause journal to document the presence and intensity of symptoms over time.
- Read-up on Hormone Replacement Therapy (HRT) and come with questions to ask about the pros and cons

## How I Can Help

- I am a certified Life Coach specializing in empowering women in their menopause journey
- I can help you arrive at a mindset to feel more positive about menopause
- I hope to help you avoid some of the roadblocks and frustrations I have experienced
- I leverage my background in the health insurance industry to help untangle the complicated web of insurance and provider issues



[Book A Free Call With Me To Discuss Your Journey!](#)

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## At Your Appointment

- Be confident and trust in the confidentiality of your provider as you discuss things that might not be talked openly about with family and friends. Having your notes with you will help if/when you want to bring up any symptoms you're experiencing.
- Notice how your doctor responds when you're asking questions. Are they being dismissive (e.g, do they say things like "Well, that's just what happens when women get older") or are they supportive in providing the information and options you need.
- If you're not vibing with your provider, it's time to find a different provider. Think of your medical appointments like dating—it's expected that not every provider is going to be a good match for you. Determine what qualities you look for in a provider, and don't worry about "breaking up" with a provider if they don't meet those qualities.

## Follow Up

- Make a follow-up appointment; it is likely that during menopause you will need more than an annual exam
- Pay attention to and document physical and mental symptoms, especially if you make changes to medications
- Be patient and kind to yourself - menopause is a complicated physical and mental transition that all women go through but does not have a one-size-fits-all treatment approach - it's called a journey for a reason

## Additional Resources

- Finding a Medical Provider
  - [Institute of Functional Medicine](#)
  - [The North American Menopause Society \(NAMS\)](#)
- Medical Appointment Preparation
  - [Web MD - What Is My Medical History](#)
  - [How To Create A Medicines List](#)
- Preventative Services
  - [Women's Preventive Services Guidelines](#)
  - [Preventative Care Benefits for Women](#)

## My Approach

- I strive to help my clients take a positive, proactive, well informed, and confident approach to their menopause journey
- I search for ways to help clients find joy, peace, humor, and levity in the day-to-day challenges that women encounter in this life transition
- I would love to talk to you about how I can help!



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To Discuss Your Journey!