



Hormone Therapy Conversation Guide™

Use these prompts to explore whether menopausal hormone therapy may be appropriate for your symptoms, health history and preferences.



Start With Your Goal

- | | | |
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| ☐ Hot flashes or night sweats | ☐ Vaginal or urinary symptoms | ☐ Bone health concerns |
| ☐ Sleep disrupted by menopause symptoms | ☐ Early or premature menopause | ☐ Other: _____ |



1 IS HORMONE THERAPY AN OPTION FOR ME?

- ☐ How do my age and time since menopause affect the benefit-risk balance?
- ☐ Does my personal or family health history change the recommendation?
- ☐ Are there reasons hormone therapy may not be appropriate for me?



2 WHICH TYPE WOULD WE DISCUSS?

- ☐ Would treatment be systemic, local vaginal therapy or another option?
- ☐ If I have a uterus, would I also need a progestogen?
- ☐ How might a patch, gel, spray or pill differ for me?



3 WHAT BENEFITS ARE REALISTIC?

- ☐ Which of my symptoms is hormone therapy most likely to help?
- ☐ How soon might I notice improvement?
- ☐ How will we decide whether it is working?



4 WHAT RISKS APPLY TO ME?

- ☐ How might my history affect breast, uterine, blood clot, stroke or heart risks?
- ☐ Does the dose, route or duration change those risks?
- ☐ What side effects or bleeding changes should I report?



5 WHAT IS THE FOLLOW-UP PLAN?

- ☐ When should treatment be reviewed?
- ☐ What monitoring or preventive screening should continue?
- ☐ What should I do if symptoms return, side effects occur or my health changes?



Important Details to Mention

Whether you still have a uterus • Date of your last period
 • Any unexplained bleeding • Migraine history • Blood clot, stroke or heart history • Breast or other hormone-sensitive cancer history • Liver or gallbladder concerns
 • Current medications and supplements • Need for contraception



One More Question

Is the product regulated and approved, and how does it differ from compounded hormone therapy?



Gentle Reminder

Hormone therapy is not one-size-fits-all. The decision should be individualized and revisited as your symptoms, health and preferences change.



Martine's Midlife Wellness Tip

Write down your three most important questions before the appointment.
 Begin with those if time is limited.

