

# Patient information from BMJ

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## Menopause: questions to ask your doctor

**If you're going through menopause, you may be experiencing various symptoms and have many questions. Here are some questions that you may want to talk through with your doctor.**

### General questions

- How do I know my symptoms are due to menopause?
- Is there a test I can have to find out whether I'm going through menopause?
- What symptoms am I likely to get? Hot flashes? Night sweats?
- How long will I have these symptoms?
- Do I still need to use birth control?
- How will menopause affect my health in the long term? What problems am I likely to get?
- Am I at higher risk of thinning bones (osteoporosis)? Is there a test I can take?
- Am I at higher risk of heart disease or stroke?
- Should I have my blood pressure and my cholesterol levels checked?

### Questions to ask your doctor about hormone replacement therapy (HRT)

- Do you recommend that I take HRT? Why or why not?
- Which symptoms can HRT help with?
- What side effects might I get with HRT?
- Will the side effects go away?
- What are the different ways I can take HRT?
- Do some ways of taking HRT work better than others?
- Do some ways of taking HRT have fewer side effects than others?
- Do different HRT products have different doses of hormones?
- How long will I have to take HRT?

## Menopause: questions to ask your doctor

- What are the potential health risks associated with taking HRT?
- Am I at high risk or low risk of getting health problems from HRT?
- What are the benefits of taking HRT?
- How can I figure out if HRT is right for me?

### Questions to ask your doctor about other treatments

- Are there other treatments that can improve my symptoms?
- How can they help?
- What are their side effects?
- How long will I have to take them?
- Is there anything else I can do to relieve my symptoms?
- What other treatments can prevent thinning bones? Do I need to consider one of these treatments?

**You may also like to read our information on *Menopause: what is it?* And *Menopausal symptoms: what are the treatment options?***

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