

Questions to consider asking your doctor

As we age, family doctors may order more routine tests and screenings. Some of the questions below are not concerns directly related to menopause but to the age of the patient (such as a mammogram or a colonoscopy). Family doctors tend to recommend annual pap tests, and mammograms for those between the ages of 50 and 74, and colonoscopies after age 50 (or 10 years earlier if a relative has had colorectal cancer).

1. Is hormone therapy right for me?
 - a) If so, which do you recommend?
 - b) Is there a chance of a negative interactions with other medications I am currently on?
2. Should I have a blood test?
3. Should I have a pap smear?
4. Should I have a mammogram?
5. Should I have a colonoscopy?
6. Should I have a bone density test?
7. What can I do to support my bone health?
8. Should I have a depression screening?
9. Are there any sleep aids they might recommend? (This is if you are experiencing sleep disturbances).
10. What are your suggestions for vaginal dryness I am experiencing?
11. Could the symptoms I told you about be caused by something other than menopause?
12. What should I consider worthy of seeking out medical attention for in relation to my menopause transition?
13. What tests and/or interventions are covered by my provincial health insurance plan? Which would I have to pay for out-of-pocket?