

GP Appointment Prep Sheet - Be prepared. Be heard. Be empowered.

- 1. My Top 3 symptom concerns right now** (think of the ones most directly affecting your ability to work, sleep, etc. You can make another appointment to address any others later.)

1. _____

2. _____

3. _____

2. When I First Noticed These Changes _____

3. Tests I'd Like to Ask About

These are commonly useful for women in perimenopause. Tick the ones you want to discuss:

- ☐ Thyroid Function (TSH, T3, T4) - relevant if fatigued, despite no change to usual diet
- ☐ Vitamin D
- ☐ Iron Levels/Ferritin
- ☐ Blood Sugar/Insulin Resistance (is common for this to increase with onset of perimenopause)
- ☐ Cortisol or Adrenal Stress Profile
- ☐ Testosterone and other androgens (In our 20's women have 1/10th to 1/20th T levels of males. This steadily declines as we age until we are left with ¼ to ½ the levels we had by time of peri/menopause. T is required for libido and is our 'do hard things' / motivation hormone)
- ☐ Oestrogen/Progesterone (if cycle timing is relevant – not a useful marker of perimenopause status)
- ☐ Bone Density (DEXA scan - bone density should be maximized by 26 – 30 yrs but sedentary lifestyle and breast feeding as well as reproductive hormone decline can compromise this – need know your CURRENT baseline to avoid osteopaenia / osteoporosis so can take measures to reverse any decline)
- ☐ Cholesterol/Lipid Profile
- ☐ Any other tests: _____

4. What I've Already Tried

Include supplements, medications, lifestyle changes, diets, exercise, alternative therapies, etc.

- _____
- _____
- _____

5. Questions I Have for My Doctor

1. _____
2. _____
3. _____
4. _____
5. _____

6. Notes/outcomes from This Appointment

To be filled in during or after the appointment:

- _____
- _____
- _____

Next appointment/s booked:-