

## 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 1/10<sup>th</sup> to 1/20<sup>th</sup> 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.

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#### **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:

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Next appointment/s booked:-