Questions for a clinician

Bring this prompt sheet to a primary-care or menopause-care visit

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Assessment

- Could my symptoms have menopause-related and non-menopause explanations?
- Do my cycle pattern and age fit perimenopause or another cause?
- Do I need an examination or testing, and what question would it answer?
- How should we evaluate bleeding, pregnancy possibility or contraception needs?

Treatment discussions

- Which hormone and non-hormone options should we discuss, and what risks matter for me?
- If I have a uterus, what endometrial protection would be needed with systemic estrogen?
- What changes if I have migraine, blood-clot risk, cardiovascular disease or cancer history?
- Could local vaginal options, pelvic-floor physiotherapy or CBT help?

Follow-up

- How will we review sleep, mood, sexual, urinary, bone and cardiovascular health?
- What bleeding or other symptom should prompt an earlier review?
- When would a menopause specialist, gynecology, endocrinology or pelvic-floor referral help?

Sources opened and checked 20 November 2026

Ontario Health / SOGC menopause quality standard: https://www.sogc.org/common/Uploaded%20files/HUB%20Pages/menopause/qs-menopause-en.pdf

SOGC Guideline 422a: https://sogc.org/common/Uploaded%20files/ACSC/ACSC2024/gui422aCPG2110E.pdf

SOGC Menopause Tool: https://sogc.org/en/en/content/events/HUB-Pages/Menopause-Tool.aspx

Canadian Menopause Society pocket guide: https://www.canadianmenopausesociety.org/sites/default/files/pdf/publications/Pocket%20Guide%20-%20udpated%202023%20Final.pdf

Osteoporosis Canada menopause and bone health: https://osteoporosis.ca/menopause-and-bone-health/

Government of Canada menopause guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/health-guide/wdh-menopause-guide.html

Government of Canada clinician guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/womens-health-care-clinicians/medical-management-menopause-symptoms.html

HealthLink BC post-menopause: https://www.healthlinkbc.ca/healthwise/post-menopause

The Menopause Society hormone therapy: https://menopause.org/patient-education/menopause-topics/hormone-therapy

The Menopause Society position statements: https://menopause.org/professional-resources/position-statements

NICE NG23 menopause guideline: https://www.nice.org.uk/guidance/ng23/resources/menopause-identification-and-management-pdf-1837330217413

NHS menopause and perimenopause treatment: https://www.nhs.uk/conditions/menopause-and-perimenopause/treatment/

Endotext: The Postmenopausal Women: https://www.ncbi.nlm.nih.gov/sites/books/NBK279050/