

Menopause & Hormone Therapy Discussion Guide & Questions Checklist



Menopause can bring new symptoms, changing health priorities and important healthcare decisions. For some women, hormone therapy may help manage symptoms and improve quality of life. For others, nonhormonal approaches may be preferred or more appropriate.

This checklist is designed to help support informed conversations with your healthcare provider about menopause, hormone therapy and potential blood clot considerations.



Understanding Your Symptoms

Start by talking about how menopause is affecting you.

- Discuss your current symptoms and how often they occur
- Talk about how symptoms may be affecting sleep, work, mood or quality of life
- Ask whether your symptoms are consistent with perimenopause or menopause
- Discuss whether any additional evaluation or testing is needed



Talking About Blood Clot Risk

Understanding clotting risk is an important part of informed decision-making.

- Discuss any personal history of blood clots
- Share any family history of clotting disorders or blood clots
- Ask whether your health history affects risk for blood clots
- Discuss other health factors that may influence risk, including smoking, obesity or cardiovascular conditions
- Ask whether certain hormone therapy options may carry different clotting risks



Discussing Hormone Therapy

Hormone therapy is not one-size-fits-all.

- Ask whether hormone therapy may be appropriate for you
- Discuss the potential benefits and risks in your individual situation
- Ask about the lowest effective dose for symptom management
- Discuss how long therapy may be appropriate for you
- Ask how often your treatment plan should be reassessed



Understanding Different Types of Hormone Therapy

Route and formulation may matter.

- Ask about the difference between oral and transdermal estrogen
- Discuss whether a patch, gel or spray may be appropriate for you
- Ask whether certain forms of hormone therapy may carry lower clotting risk
- Discuss progesterone requirements, if applicable
- Ask about localized vaginal therapies versus systemic therapy



If Hormone Therapy May Not Be Appropriate

There are multiple approaches to menopause care.

- Ask about nonhormonal treatment options
- Discuss lifestyle approaches that may help manage symptoms
- Ask about sleep, stress management and overall wellness strategies
- Discuss bone health and cardiovascular health during menopause



Ongoing Follow-Up and Reassessment

Menopause care may evolve over time.

- Ask how often you should revisit your treatment plan
- Discuss whether symptoms or risk factors have changed
- Ask whether dose or route adjustments may be appropriate in the future
- Review any new health conditions or medications during follow-up visits



Questions to Take to Appointments

- What treatment options are available to me?
- What are the benefits and risks of hormone therapy in my situation?
- Does my health history affect clotting risk?
- Would a transdermal option be more appropriate for me?
- Are there nonhormonal approaches I should consider?
- How often should my treatment plan be reassessed?

Information supports awareness. Awareness supports better care.

Menopause care should reflect your symptoms, health history and personal priorities. Asking informed questions and understanding your options can help support more confident healthcare decisions.

Learn more: bit.ly/menopause-clotting

