WomenRX

MENOPAUSE / A ONE-PAGE CONVERSATION SNAPSHOT

Place the change in context.

Record what has changed and what you want help with. A date or symptom on this page cannot identify the cause on its own.

The natural-cycle milestone

Menopause is recognized after 12 months without a period when hormonal contraception is not affecting the pattern. Medical and surgical history can change interpretation.

The change I most want to discuss

When I first noticed it / approximate

Last period / bleeding pattern / uncertain

How it affects sleep, comfort or daily life

Contraception, surgery or medicines to mention

My two priorities for this conversation

Leave room for the next step

Next step agreed with my care team

Who / when

Keep this on your own device. No submission or tracking. Not a diagnostic or prescribing tool.

NHS: What are menopause and perimenopause?