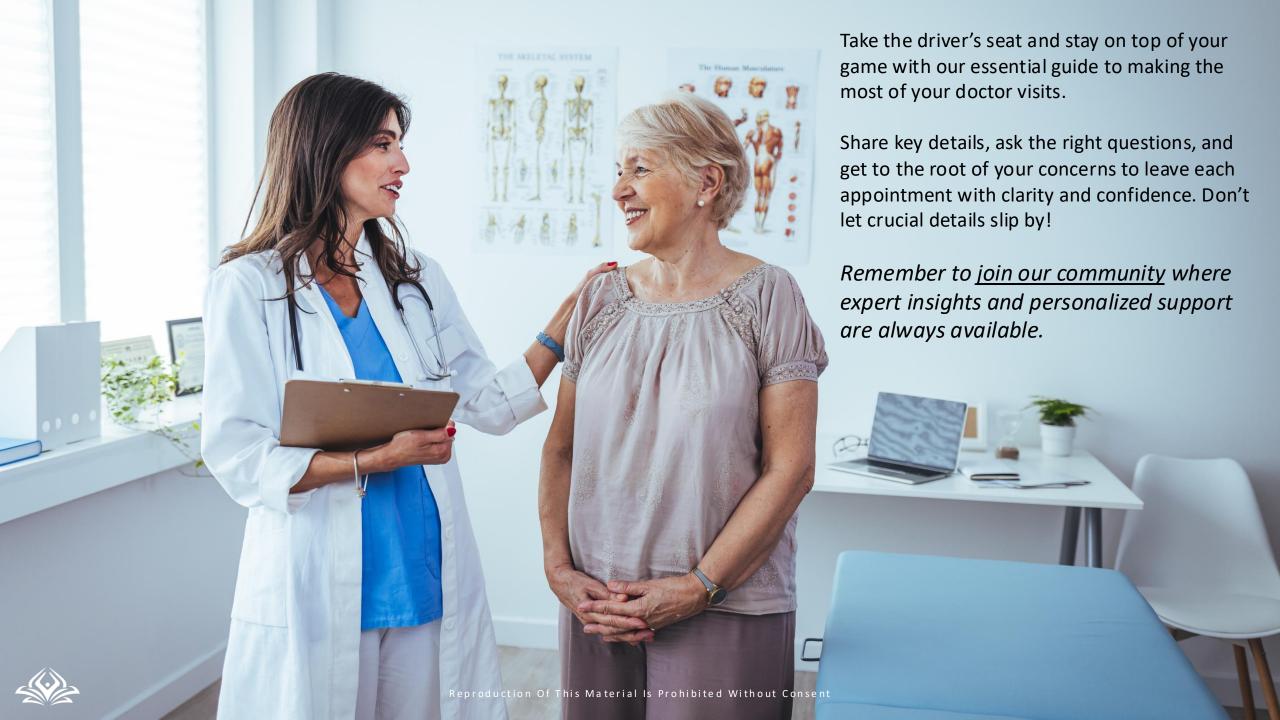


Be Your Own Health Advocate After 40

The Doctor's Visit Checklist





Time is Limited, So Make Every Minute Count

Doctor appointments often run on tight schedules, leaving little time to discuss every concern. If you're not prepared, crucial details about your health could be missed.

Speak Up, Even When It Feels Intimidating

For many women, talking to a doctor can feel overwhelming or even intimidating, making it easy to downplay or forget key symptoms. But when you're prepared with a clear list of questions, you'll feel more confident expressing your needs.

Stay Focused on What Matters

Without a clear plan, appointments can quickly become scattered. By organizing your symptoms and health concerns beforehand, you'll help your doctor focus on what matters—finding the root cause of your issues, not just treating surface symptoms.

Be Your Own Best Advocate

Preparation is power. When you walk into your doctor's office with a clear checklist, you're not just another patient—you're taking charge of your health. This approach leads to better, more personalized care and real solutions beyond quick fixes.





Checklist for Your Doctor's Visit

On the next page, you'll find a worksheet to fill out and take with you!



Print this out and take with you to your appointment.	2. Your Questions & Concerns	
	Prepare important questions to ask your doctor, such as:	
1. Track Your Symptoms	Am I starting menopause? Should I get a blood test?	
Take note of any recurring symptoms such as: (check all that apply to you)	 Are there other health conditions that might be causing my symptoms? 	
☐ Hot flashes	My Question #1:	
☐ Night sweats		
☐ Sleep issues	My Oyontian #2	
☐ Fatigue	My Question #2:	
■ Mood swings		
☐ Weight gain	My Question #3:	
☐ Hair loss		
☐ Joint pain		
☐ Other	My Question #4:	

Print this out and take with you to your appointment.

3. List Your Medications & Supplements

Keep a record of all medications (including over-the-counter) and supplements you are taking. Don't hesitate to ask your pharmacist.

Medications:

- •_____
- •_____
- _____
- _____

Supplements:

- •_____
- •____
- _____

4. Family Medical History

Make a note of any relevant family history, such as:

• Cancer • Blood clots • Heart diseases • Age of menopause for mother/sisters • Thyroid or hormone problems

Relationship	Medicalissue
	·

Print this out and take with you to your appointment.	6. Lifestyle Factors
	Track important lifestyle factors that can impact your health, such as:
5. Lab Results & Medical Records	• Diet
You are entitled to a copy of your medical records.	• Exercise: type and hours/week
Examples include:	Hours of sleep/day
Blood test results	Alcohol consumption (# of drinks/week)
• Mammograms	
• Ultrasounds	Caffeine intake (# of drinks/day)
• Last PAP test	• Stress factors
• Others	• Other
7. Additional information/Concerns your doctor	should know

Want more personalized help?

Book a Consultation with Dr. F by clicking on the link below.

BOOK NOW

