



 Timeless Youth
Empowerment

Be Your Own Health Advocate After 40

The Doctor's Visit Checklist



Take the driver's seat and stay on top of your game with our essential guide to making the most of your doctor visits.

Share key details, ask the right questions, and get to the root of your concerns to leave each appointment with clarity and confidence. Don't let crucial details slip by!

Remember to join our community where expert insights and personalized support are always available.





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.

1. Track Your Symptoms

Take note of any recurring symptoms such as: (check all that apply to you)

- Hot flashes
- Night sweats
- Sleep issues
- Fatigue
- Mood swings
- Weight gain
- Hair loss
- Joint pain
- Other _____

2. Your Questions & Concerns

Prepare important questions to ask your doctor, such as:

- *Am I starting menopause? Should I get a blood test?*
- *Are there other health conditions that might be causing my symptoms?*

My Question #1:

My Question #2:

My Question #3:

My Question #4:

Print this out and take with you to your appointment.

5. Lab Results & Medical Records

You are entitled to a copy of your medical records.

Examples include:

- Blood test results
- Mammograms
- Ultrasounds
- Last PAP test
- Others

6. Lifestyle Factors

Track important lifestyle factors that can impact your health, such as:

- Diet _____
- Exercise: type and hours/week _____
- Hours of sleep _____/day
- Alcohol consumption (# of drinks/week) _____
- Caffeine intake (# of drinks/day) _____
- Stress factors _____
- 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](#)

