



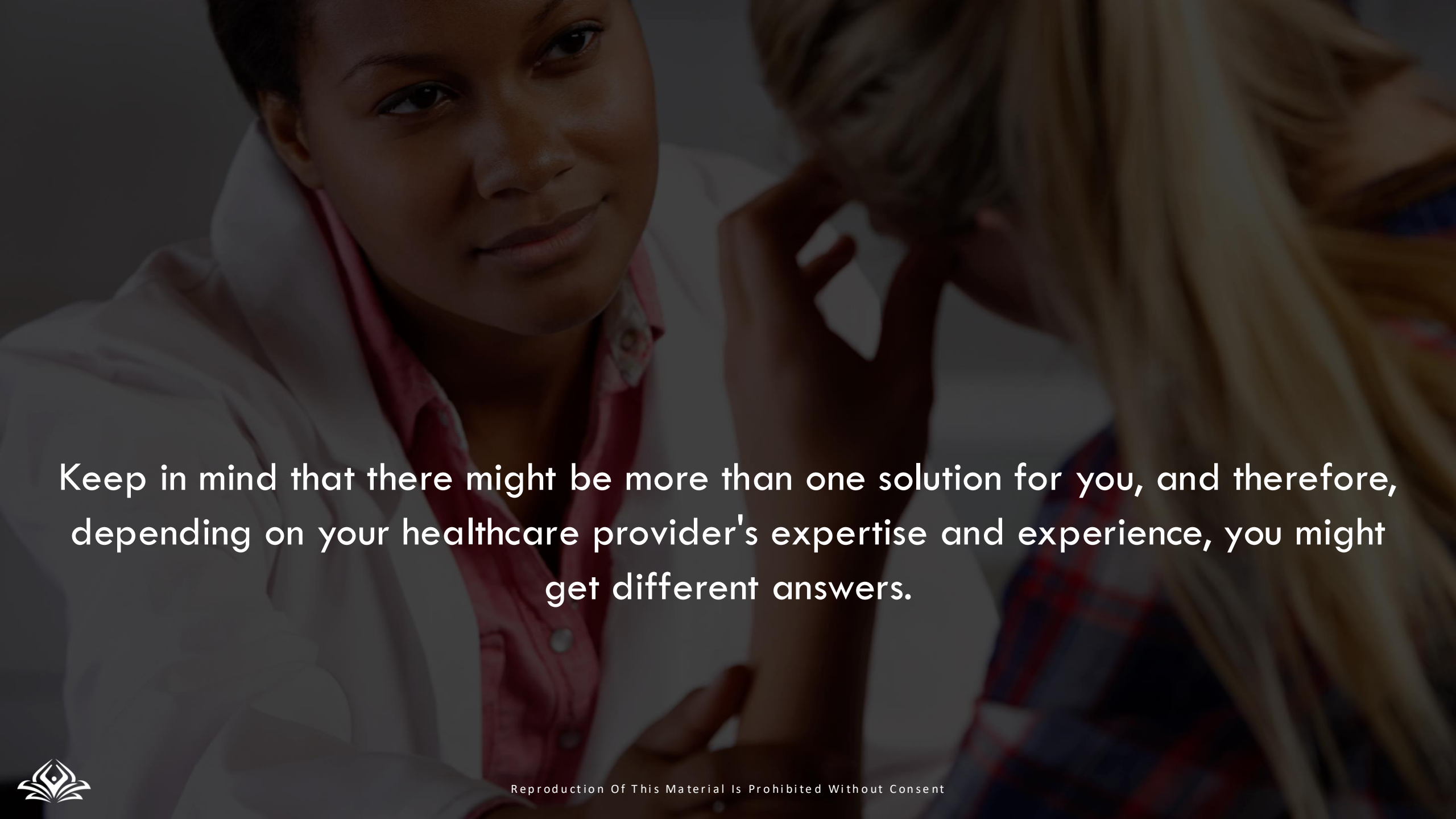
Timeless Youth  
*Empowerment*

# Top 10 Questions You Should Ask Your Doctor About Hormonal Imbalances and Anti-Aging

Good communication with your doctor is very important. Part of this communication is the questions you ask.

- What do my symptoms/ issues mean, and what is causing them?
- Are there any tests you can do?
- Now that we know the probable cause, what can I expect, and how can you help me?
- Are there side effects with hormonal replacement therapy (HRT), like weight gain?
- Does HRT cause cancer?
- If I decide to go ahead with HRT, how long can I take it?
- Do alternative therapies, such as natural remedies and supplements, work?
- I'm feeling ok; what happens if I do nothing?
- Can hormonal imbalances make me age faster?
- Whether I take HRT or not, how will you monitor my health in the future?





Keep in mind that there might be more than one solution for you, and therefore, depending on your healthcare provider's expertise and experience, you might get different answers.



**Print this out and take with you to your appointment.**

What do my symptoms/ issues mean, and what is causing them?

Are there any tests you can do?

Now that we know the probable cause, what can I expect, and how can you help me?

Are there side effects with hormonal replacement therapy (HRT), like weight gain?

Does HRT cause cancer?

If I decide to go ahead with HRT, how long can I take it?

Do alternative therapies, such as natural remedies and supplements, work?

I'm feeling ok; what happens if I do nothing?

Can hormonal imbalances make me age faster?

Whether I take HRT or not, how will you monitor my health in the future?

Want more personalized help?

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

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