oklahoma women's health collective

PERIMENOPAUSE

10 questions to start the conversation



WELCOME

Open communication with your healthcare provider is one of the most important parts of receiving effective care. Your provider brings clinical expertise, but you bring the lived experience of your own body. When both perspectives are shared openly, it creates the best opportunity for thoughtful, personalized care.

Many people walk into an appointment with several things they want to discuss — symptoms they've noticed, questions about medications, or concerns about changes in their health. But once the appointment begins, it's very common to feel rushed, forget important questions, or become a little nervous. It's also common to leave the visit and suddenly remember something you wish you had asked.

That's completely normal.

The Top 10 Questions included in this guide are designed to help you start meaningful conversations with your provider. They are not meant to replace your own questions, but to give you a helpful starting point so you can feel more prepared, ask for clarification, and leave your appointment with a clearer understanding of your health and care plan.

Using prompts like these can help ensure that important topics are discussed and that you feel more confident participating in decisions about your health.

This resource is intended for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a licensed healthcare provider regarding any medical concerns, symptoms, or decisions about your health. Never disregard professional medical advice or delay seeking care because of information contained in this resource.

Oklahoma Women's Health Collective

top 10 questions

PERIMENOPAUSE

These questions are designed to help guide meaningful conversations and provide clarity during your visit with your provider.

☑ Are the symptoms I'm experiencing consistent with perimenopause?

☑ Are there tests or labs that would help confirm what stage I'm in?

☑ What changes in my cycle are considered normal during perimenopause?

☑ Could my symptoms be related to something other than hormone changes?

☑ What treatment options are available if symptoms are affecting my daily life?

☑ Would hormone therapy be appropriate for me at this stage?

☑ What lifestyle changes could help improve my symptoms?

☑ How might perimenopause affect my sleep, mood, or metabolism?

☑ Are there supplements or medications that may help with symptom relief?

☑ How will I know when I've transitioned into menopause?

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COLLECTIVE



Created by women, for women.

Stay connected to trusted health education, meaningful events, local provider resources, and thoughtfully curated content designed to support you at every stage.

You belong here.