

Let's talk Doc!

Approaching your doctor, knowing the challenges that may come up can make the entire experience extremely difficult - add this to the anxiety you're likely already experiencing and it can become overwhelming. These steps below are a great way to prepare yourself and give yourself more confidence to advocate for your health.

1. **Log symptoms:** Ideally at least a few weeks before you're considering approaching your doctor, start tracking your symptoms as comprehensively as you can. There are several App's out there which can be useful, like the Balance App, or simply keep a clear record in a notebook or diary. This is terrific evidence for the doctor, as well as giving you something to refer to if you're nervous and might struggle to articulate how you have been feeling.
2. **Seek a specialist:** Some doctors offices have doctors who have a background in women's health, or perhaps serve as the specialist for their team. Even if they don't have anyone in the field, you may be more comfortable speaking to a female doctor. When you book your appointment, try to arrange it with the most appropriate doctor and don't be afraid to ask - this will support you in feeling empowered and could really increase the chances of a constructive and helpful appointment.
3. **Take a companion:** Often it can help simply to have someone else with you - a trusted friend, sister, even partner. Even subconsciously, doctors or anyone in authority can feel intimidating and so having someone with you can help give you confidence. You could also ask them to take notes for you, so you don't forget anything.
4. **Seek a second opinion:** If you feel you haven't been listened to, or you have been dismissed, or even that the doctor you saw simply doesn't have enough knowledge on menopause, find another one. It is vitally important to advocate for your own health, and not to give up. Don't settle if you are not satisfied that you have been given a fully educated and informed answer.