

Menopause Management: My Treatment Roadmap

Patient Name: _____ Today's Date: _____

Symptom Goal Tracking

What is the #1 symptom we are targeting today? [] Hot Flashes/Night Sweats [] Vaginal Dryness/Pain [] Brain Fog [] Sleep Issues

My Personalized Regimen

- **Systemic Relief (The Patch/Pill):** _____
 - *Why:* To stabilize temperature control and protect bone density.
- **Uterine Protection (If needed):** _____
 - *Why:* Essential to keep the lining of the uterus thin and healthy.
- **Local Comfort (Vaginal):** _____
 - *Why:* To restore tissue health and prevent urinary frequency.

Lifestyle Adjustments

- **The "Cool Down":** I will try dressing in layers and using a bedside fan.
- **Movement:** I will aim for 2-3 sessions of **resistance/strength training** per week to support metabolic health and bone density.
- **The Fezolinetant Option:** (If non-hormonal) I will take my 45mg tablet daily and return for LFT bloodwork in ____ months.

When to Call the Office

- **Important:** If you experience any **unexpected vaginal bleeding** after your periods have stopped, call us immediately for an evaluation. This is almost always treatable but requires a quick check.

Notes/Questions: