

## Women's Health Consultation Checklist

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### How to prepare for your consultation:

- Complete Menopause Health Questionnaire, found under "Women's Health" on our website, [www.brantarts.ca](http://www.brantarts.ca)
- Create a list of current medications and supplements (prescription and non-prescription).
- Inform your doctor about your upcoming consultation.
- Blood work (please do first thing in the morning) Before considering hormone therapy, a baseline blood level of your hormones can serve as a comparator if testing needs to be repeated once you are on therapy. In perimenopause when periods become less frequent, a blood test to determine the balance between estradiol and progesterone can help guide treatment choices  
If you are perimenopausal, test on day 19-21 of cycle, (day 1 is first day of bleeding). If menopausal, any day is fine.

The following is a list of suggested blood work to be done prior to your appointment. Please note the comments and parenthesis to see if the blood test is applicable to your situation.

- 25-hydroxy Vitamin D** (this is optional as it is no longer covered by the government)
  - Complete Cholesterol Panel** (heart health is an important consideration when starting hormone therapy)
  - DHEA**
  - Estradiol**
  - Free Testosterone** (this is needed if you are considering testosterone supplementation due to a complete hysterectomy, low libido, low energy and stamina or decreased muscle tone)
  - FSH** (if you are having infrequent periods and question if you are in menopause yet)
  - Morning Cortisol** (if symptoms of adrenal fatigue, see questionnaire below)
  - Progesterone**
  - TSH, Free T3, Free T4** (if symptoms of low thyroid – fatigue, brittle nails, hair loss, cold intolerance)
- Read relevant documents on our website, [www.brantarts.ca](http://www.brantarts.ca) in the Women's Health section
  - Complete adrenal fatigue questionnaire at [www.adrenalfatigue.org](http://www.adrenalfatigue.org) (found under "questionnaires", entitled "burnout")
  - Find out more about your calcium intake at [www.osteoporosis.ca](http://www.osteoporosis.ca) using the "Calcium Calculator"

### What to bring to the consultation:

- Blood work results
- A complete written list of current medications and supplements (prescription and non-prescription)
- The actual bottles of all over-the-counter and prescribed medications
- Completed Menopause Health Questionnaire
- Completed Adrenal Fatigue results
- Completed Calcium Calculator results
- OHIP Card

If you have any questions regarding the above information, please contact us at (905) 637-3833.

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*the possibilities are endless...*