

Your Journey with Perimenopause or Menopause



For more information scan this QR code or go to myhealth.alberta.ca/perimenopause-menopause-pathway

Perimenopause is the phase of life where the body starts to change leading up to menopause. Menopause is the phase of life after periods have stopped for 12 months in a row. The hormone changes that accompany this time of life are normal but may result in a wide range of symptoms that affect your whole-person health. Your healthcare team can help you manage these symptoms.

You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage your journey with perimenopause or menopause. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- **Track your symptoms.** There are many symptoms that people may experience in this phase of life. Examples of common symptoms include hot flashes, trouble sleeping, night sweats, fatigue, period changes, and mood swings.
- Consider bringing a family member or friend to support you.



Whole-person health

Visit your healthcare provider

- Your healthcare provider needs to hear from you at every visit to understand who you are and what matters to you.
- The [MQ6](#) is an example of a tool that you can fill out prior to your appointment to help you start the conversation.
- Record and share all your symptoms and concerns. This may include physical, emotional, spiritual, financial, or social concerns.
- Your tests and assessments will vary depending on your symptoms and health history. They may include a physical exam and lab tests.
- Measuring hormone levels is not routinely recommended because hormone levels fluctuate, making a single test unreliable.

Review your test results

- You may find your test results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords)
- It's important to talk with your healthcare provider to understand your test results and plan next steps together.

Review your treatment & management options

Talk with your healthcare provider about different management and treatment options. Recommendations may include:

- Exercise regularly and eat healthy foods with calcium and protein.
- Establish a good sleep routine.
- Stop or decrease smoking, vaping, and alcohol use.
- Start any prescribed menopause hormone therapy or non-hormonal medications.

Your healthcare provider may need advice from a specialist or may suggest you see another healthcare provider (referral).

Keep taking care of yourself

Keep advocating for your whole-person health.

Important Tips:

Need a family doctor?

ahs.ca/findadoctor

Need a translator?

Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and services in your community?

Call 211 or visit ab.211.ca



Primary Care
Alberta