

# Perimenopause checklist to help you talk to your doctor

Perimenopause happens before menopause. It is a stage of life for women and other people with ovaries.

When perimenopause begins, things might change in your body, like your period might be different. Your mood might change too, like you feel sad then happy. Perimenopause can affect your health.

You can talk to your doctor about perimenopause. You can ask questions and get help.

Health workers at Thrive Rehab made a checklist about perimenopause. The checklist can help you get ready to talk to your doctor.

You can do the checklist and take it to your doctor. It will help you know what to say. It will help your doctor understand.

You can ask someone to help you with the checklist, like a family member or support worker. Or, you can do the checklist yourself.

## This resource was made by

### Thrive Rehab

Thrive Rehab is a team of Occupational Therapists, or OTs. They work with people of all backgrounds, genders, sexualities, cultures, bodies and abilities. They are in Victoria.

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