

# ***#LetsDiscuss Menopause***

- *Hot flashes.*
- *Vaginal Dryness*
- *Abnormal vaginal spotting*
- *Changes in sex drive, arousal, orgasm*
- *Erratic mood swings/fatigue*
- *Memory loss*
- *Urine leakage during laughing, jumping, or coughing.*
- *Herbal supplements/OTC Remedies*
- *My treatment plan for the symptoms.*
- *My other health needs (bones, heart, pap screening, colonoscopy)*

***#LetsDiscuss pocket cards are designed to be conversation starters for you and your healthcare team.***