



# PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH

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



**#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, coughing
- Herbal supplements/OTC remedies
- My treatment plan for the symptoms
- My other health needs (bones, heart, pap screening, colonoscopy)
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**The Patty Brisben Foundation for Women's Sexual Health**  
[pattybrisbenfoundation.org](http://pattybrisbenfoundation.org)

## Instructions:

- Print the pocket card, trim, and check the boxes that apply.
- Use the blank space for any additional concerns not listed.
- Bring to your appointment and hand the pocket card to your provider, or nursing staff, to start the discussion.

For more information visit [PattyBrisbenFoundation.org](http://PattyBrisbenFoundation.org)