THE GODDESS PROTOCOL

Your appointment is short. *Your list is not.*

A free appointment prep kit for perimenopause, menopause and everything in between. Four short worksheets, one daily log and the questions worth asking out loud. Print it, fill it in, bring it along.

Education, not a diagnosis. It works with any clinician, ours or yours.
goddessprotocol.com

START HERE

Pick your top three.
The rest can wait.

Most visits run short, so lead with what matters most. For each one, write the symptom, how often it happens, how bad it is (0 to 10) and what it is costing you. "Night sweats wake me four nights a week and I am missing morning meetings" lands better than "my hormones are off."

01.

WHAT IT IS _____

HOW OFTEN _____

HOW BAD (0 TO 10) _____

WHAT IT IS COSTING ME _____

02.

WHAT IT IS _____

HOW OFTEN _____

HOW BAD (0 TO 10) _____

WHAT IT IS COSTING ME _____

03.

WHAT IT IS _____

HOW OFTEN _____

HOW BAD (0 TO 10) _____

WHAT IT IS COSTING ME _____

CHECKLIST

What have you noticed? *Check all that apply.*

Plenty of midlife symptoms never make it into the conversation because they feel too random or too awkward. Check anything you have noticed in the past three months, even if you are not sure it is related.

Temperature and sleep

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Trouble falling asleep
- ☐ Waking at 2 to 4 a.m.
- ☐ Feeling tired all day

Cycle and bleeding

- ☐ Periods closer together
- ☐ Periods further apart
- ☐ Heavier bleeding or clots
- ☐ Spotting between periods
- ☐ Any bleeding after 12 months without a period

Mood and mind

- ☐ Irritability or rage
- ☐ Anxiety that feels new
- ☐ Low mood
- ☐ Brain fog or word-finding trouble
- ☐ Losing interest in things

Body

- ☐ Joint aches
- ☐ Headaches or migraines
- ☐ Heart racing or pounding
- ☐ Weight or shape changes
- ☐ Thinning hair or new chin hairs

Skin, sex and bladder

- ☐ Dry or itchy skin
- ☐ Vaginal dryness
- ☐ Pain with sex
- ☐ Lower desire
- ☐ Leaking or urgency

Call a clinician soon for any bleeding after 12 months without a period, very heavy bleeding, chest pain or a racing heart with shortness of breath, or thoughts of harming yourself (call or text 988). In an emergency, call 911.

DAILY LOG

Four weeks, two minutes a day. *Patterns beat memory.*

Rate each 0 to 10 (0 means none, 10 means the worst). Mark bleeding as S for spotting, L for light, M for medium or H for heavy. Bring this page. Clinicians love a pattern.

DAY	BLEEDING	HOT FLASHES	SLEEP	MOOD	BOTHER
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					

YOUR HISTORY

Everything you take. *Everything that matters.*

One complete list saves ten minutes of "um." Include prescriptions, supplements, sleep aids, cannabis, alcohol habits and anything hormonal, compounded or from a telehealth company. Photos of labels work too.

MEDICATIONS AND SUPPLEMENTS (NAME, DOSE, HOW OFTEN)

HEALTH HISTORY: CHECK ANY THAT APPLY TO YOU OR CLOSE FAMILY

- ☐ Breast cancer
- ☐ Blood clots
- ☐ Heart attack or heart disease
- ☐ Migraine with aura
- ☐ Fractures or low bone density
- ☐ High blood pressure
- ☐ Uterine or ovarian cancer
- ☐ Stroke
- ☐ Liver disease
- ☐ Gallbladder problems
- ☐ Diabetes
- ☐ Smoking now or in the past

LAST PERIOD, LONGEST STRETCH WITHOUT ONE, RECENT RESULTS (BP, LIPIDS, A1C, MAMMOGRAM, BONE DENSITY)

IN THE ROOM

Questions worth asking. *Out loud.*

1. Which of my symptoms fit the menopause transition, and what else should we check?
2. Am I a candidate for hormone therapy, given my history (uterus, bleeding, migraine, clots, cancer, heart and liver)?
3. Which FDA-approved hormonal and nonhormonal options fit my top three goals? Would anything be off-label or compounded?
4. What follow-up and monitoring do you recommend, and when would we stop or change course?
5. If this is not your focus, can you refer me to someone who specializes in menopause?

If you feel brushed off

Name the impact: "These symptoms are affecting my sleep, work and relationship. Can you note that in my chart?" Ask for the reasoning: "What is your working diagnosis, and why is treatment or a referral not right for me?" Ask for a next step: a follow-up, a referral or a second opinion. The Menopause Society keeps a searchable directory of menopause-informed clinicians.

MY PLAN: WHAT STARTS NOW, ANY TESTS, WHEN TO CALL BACK, NEXT CHECK-IN