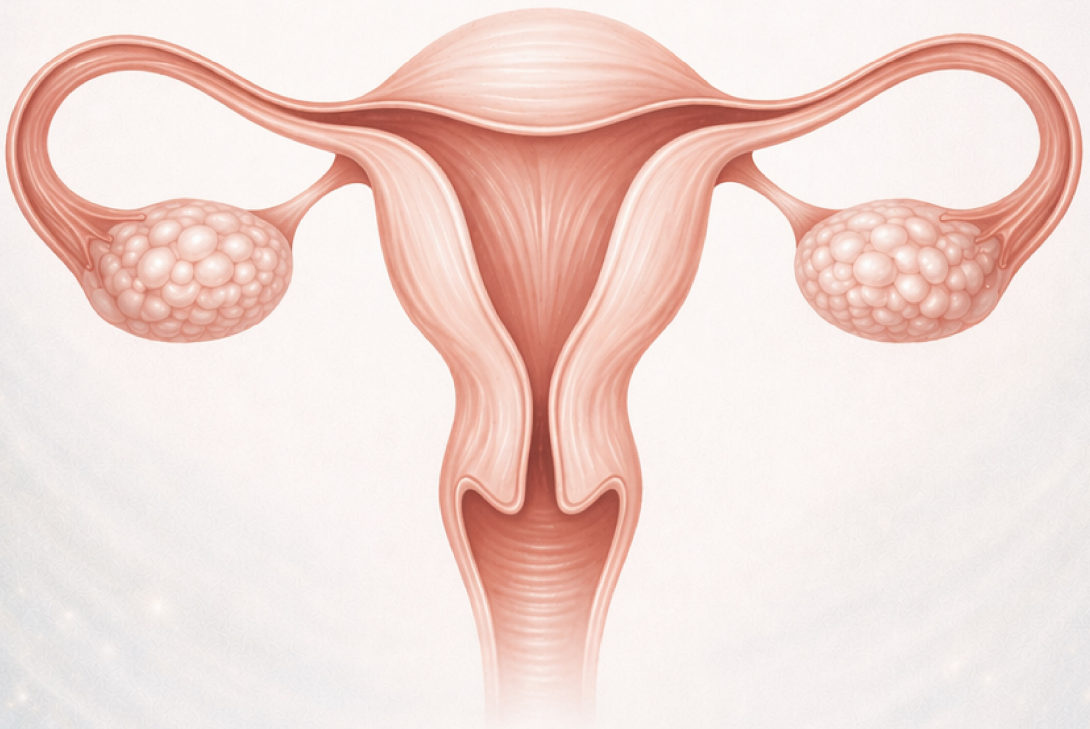


# MenoPrep Guide



The Perimenopause &  
Menopause Visit Playbook

DR.  
DAWN

A NOTE FROM DR. DAWN

## You deserve to feel prepared

Hello, my name is Dawn Mandeville. I am a board-certified OB/GYN and a Menopause Society Certified Practitioner with over 25 years of experience caring for women in all phases of their lives.

Every day, I see women in their 30s, 40s, and early 50s struggling with symptoms like hot flashes, mood changes, sleep disruption, weight gain, brain fog, joint pain, vaginal dryness, and pain with intercourse — only to be told that everything is "normal" and just a part of aging.

Too often, women leave these visits feeling confused, dismissed, and completely unprepared for what is happening to their bodies.

**My goal is to change that.**

I am committed to providing clear, evidence-based information to help women better understand and navigate perimenopause and menopause. I am on a mission to educate, advocate, and empower women to feel informed, supported, and confident in their care.

This guide is not a replacement for your healthcare provider. Your doctor is essential in reviewing your personal medical history and helping you determine the safest and most appropriate treatment options for you.

That is why I created this guide — to help you walk into that appointment prepared, informed, and ready to advocate for yourself.

### WHAT YOU WILL FIND INSIDE

- How to find a menopause-trained provider**  
Knowing what to look for and where to start
- Appointment preparation tools**  
Symptom checklist, medical history, and priority setting
- Realistic expectations for your care**  
Understanding the process and what to expect
- Self-advocacy tools**  
How to communicate your symptoms clearly and confidently
- Trusted resources**  
Books, podcasts, and vetted directories to continue your journey

## BEFORE YOU BEGIN

## Make the most of your visit

MenoPrep is designed to help you prepare for your healthcare visits so you can make the most of your time, ask the right questions, and leave with a clear plan.

Your symptoms will not be fully evaluated or resolved in a single visit. Think of this as a journey — one that involves evaluating your symptoms, reviewing your history, exploring treatment options, and adjusting your care over time. **This guide will help you come prepared.**

## BEFORE YOUR VISIT

### Complete each of these steps.

- Identify your top 3 most bothersome symptoms**  
Use the symptom checklist on the following pages

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- Track your menstrual cycles**  
Timing, duration, flow, and any changes or skipped periods

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- Gather your personal and family medical history**  
Including conditions, surgeries, medications, and prior treatments

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- Review any treatments you have already tried**  
What helped, what didn't, and any side effects you experienced

## A REMINDER

*"You deserve to feel heard.  
You deserve to feel prepared.  
And you deserve care that is thoughtful,  
informed, and tailored to you."*

— DR. DAWN MANDEVILLE

SECTION 1

# My health history

Complete this section before your visit and bring it with you. Your provider will need this information to evaluate your symptoms and recommend appropriate care.

MENSTRUAL CYCLE NOTES

LAST MENSTRUAL PERIOD	TYPICAL CYCLE LENGTH
_____	_____
CHANGES IN TIMING	FLOW CHANGES
_____	_____
SKIPPED PERIODS	
_____	

PERSONAL MEDICAL HISTORY

MEDICAL CONDITIONS
_____
SURGICAL HISTORY
_____
CURRENT MEDICATIONS
_____
PRIOR TREATMENTS TRIED FOR SYMPTOMS
_____

FAMILY MEDICAL HISTORY

BREAST CANCER	HEART DISEASE	OSTEOPOROSIS
_____	_____	_____
BLOOD CLOTS	OTHER RELEVANT HISTORY	
_____	_____	

SECTION 2

# Perimenopause & Menopause symptom checklist

Review each symptom and mark how frequently you experience it. Be honest — this is for your provider, not a test.

SYMPTOM	NEVER	SOMETIMES	OFTEN
<b>Anxiety</b> Feeling overly worried, tense, panicky, or overwhelmed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Brain Fog</b> Difficulty focusing, forgetfulness, poor word retrieval	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Depression</b> Low mood, hopelessness, loss of interest or motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Fatigue</b> Low energy, tiring easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Headaches</b> Head pain, nausea, light or noise sensitivity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Heart Palpitations</b> Racing, skipping, or fluttering heartbeat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Hot Flashes / Night Sweats</b> Sudden heat, sweating, racing heart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Incontinence</b> Urinary leakage or loss of bladder control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Irritability</b> Easily frustrated, impatient, reactive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Joint Pain</b> Stiffness, soreness, aching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Low Libido</b> Decreased sexual desire	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Painful Sex</b> Dryness, burning, discomfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Period Changes</b> Changes in flow, timing, or skipped cycles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Skin / Hair Changes</b> Dry skin, hair thinning, shedding or loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Sleep Issues</b> Trouble falling or staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Urinary Issues</b> Recurrent UTIs, frequent or urgent urination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Weight Gain</b> Increased weight or bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION 3

# Setting your priorities

Appointments move quickly. Knowing your top concerns in advance helps your provider give each one the time and attention it deserves. Write your three most important symptoms or questions below.

MY TOP 3 MOST BOTHERSOME SYMPTOMS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

QUESTIONS I WANT TO ASK MY PROVIDER

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NOTES FROM MY VISIT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NEXT STEPS FROM MY VISIT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CONTINUE YOUR JOURNEY

## Trusted resources

These are resources I recommend to patients and trust personally — evidence-based, thoughtful, and created by people who take women's health seriously.

## ORGANIZATIONS &amp; PROVIDER DIRECTORIES

- **Let's Talk Menopause**

[letstalkmenopause.org](http://letstalkmenopause.org)

- **The Menopause Society — Patient Education**

[menopause.org/patient-education](http://menopause.org/patient-education)

- **Menopause Care Directory**

Find a certified menopause practitioner near you · [menopausecaresdirectory.com](http://menopausecaresdirectory.com)

## PODCASTS

- **You Are Not Broken — Kelly Casperson, MD**

Available on Apple Podcasts and Spotify

- **Dr. Streicher's Inside Information: The Menopause Podcast**

Available on Apple Podcasts and Spotify

- **Health by Heather Hirsch**

Available on Apple Podcasts and Spotify

## BOOKS

- **The Menopause Guidebook — The Menopause Society**

[menopause.org/patient-education/the-menopause-guidebook](http://menopause.org/patient-education/the-menopause-guidebook)

- **Grown Woman Talk — Dr. Sharon Malone**

Your guide to getting and staying healthy

- **The New Menopause — Dr. Mary Claire Haver**

Navigating your path through hormonal change

- **The Perimenopause Survival Guide — Heather Hirsch**

Make sense of your symptoms and build your personalized treatment plan

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