

Feeling HOT ? We need to talk !

Are you experiencing any of the following:

Menopause Quick 6 Questionnaire (MQ6)*

1. Changes in your periods? Or no periods at all?
2. Are you having any hot flashes? Day or night?
3. Any vaginal dryness or pain, or sexual concerns?
4. Any bladder issues or incontinence?
5. Issues with your sleep?
6. Issues with your mood?

Did you know:

The menopause transition might be accompanied by symptoms such as **hot flashes and night sweats**, genitourinary syndrome of menopause or GSM (**vaginal dryness, discomfort, bladder issues**), **mood** and **sleep changes, joint pain**, and more.

Menopausal hormone therapy (MHT) is the most effective treatment of symptoms and is also indicated for GSM and bone protection. **New guidelines** have been created, with the consensus that MHT is safest for those **younger than 60 years and within ten years of menopause** and might be continued for some women after age 65.

With no fixed duration of treatment, the guidelines now state that hormonal therapy should be individualized to account for each patient's unique risk-benefit profile.

**We are here to help you understand your best options.
Let's talk.**

*Menopause Quick 6 Questionnaire (MQ6)

If a patient answers Yes to any questions 1 to 4, she might be a candidate for treatment, and further exploration and assessment is warranted. SOGC and IMS guidelines recommend that questions 2 to 6 be asked of all perimenopausal women.

*Reproduced with permission from: Goldstein S. An efficient tool for the primary care management of menopause. Canadian Family Physician. 2017; 63(4):295-298