

Women's Health Procedure Clinic Menopause Counseling

Who Can Be Referred?

- Anyone over 40 years old having changes in your periods and struggling with menopausal symptoms such as vaginal dryness, painful intercourse, hot flashes, night sweats or mood changes

What Should I Expect at this Appointment?

- A nurse practitioner or family physician will assess your symptoms and provide evidence-based care
- The clinician will provide accurate Canadian websites and resources in order for you to make an informed decision
- The clinician can order lab tests and imaging if needed; prescribe medications and monitor the effectiveness
- Please visit the following websites for more information about menopause management

www.mq6.ca and <https://gynqi.com/understanding-menopause/>