





PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH

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



#LetsDiscuss
Perimenopause

- Episodic hot flashes
- Vaginal dryness
- Irregular periods
- Lowered sex drive
- Mood swings
- Urine leakage during laughing, coughing, etc.
- Herbal /OTC remedies
- Can I still get pregnant? Do I need contraception?
- My treatment plan for the symptoms
- _____


The Patty Brisben Foundation for Women's Sexual Health
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