



IS IT DEPRESSION, ANXIETY, OR MENOPAUSE?

GET THE MENTAL HEALTH SUPPORT YOU DESERVE



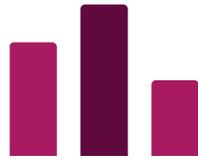
Disclaimer

This survey is for informational purposes and is not medical advice. Nothing in this document is intended to diagnose, treat, or prevent disease. Please consult a qualified healthcare professional before making any changes.

MENOPAUSE & MENTAL HEALTH



Menopause is a known “window of vulnerability” for mood disorders - AND a “window of opportunity” when we seek support



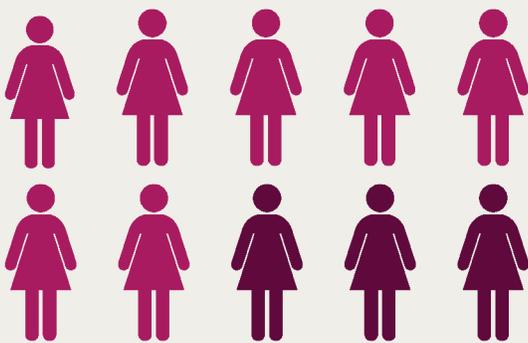
Individuals are 2-3x more likely to experience depression during perimenopause than pre or post menopause



Symptoms of ADHD, anxiety, and Bipolar Disorder can also be aggravated during perimenopause



A negative attitude and perception of menopause and ageing is a risk factor for poor mental health in menopause



3/10 individuals report new or worsening anxiety in perimenopause

20-40%

experience depression during perimenopause

Perimenopausal depression often manifests as feeling more emotionally sensitive, teary, less motivated, and generally feeling ‘meh’

MENOPAUSE & MENTAL HEALTH



60% of people don't know depression and anxiety can be a symptom of perimenopause.

What makes getting mental health support in perimenopause so challenging? A siloed system of health care specialists means the connection between your hormones and your mental health is often overlooked.

After all, is it your psychiatrists job to ask about your hormones or your gynecologists job to support your mood?

MENTAL HEALTH SYMPTOMS RELATED TO MENOPAUSE CAN INCLUDE:

- IRRITABILITY
- RAGE
- TEARY / WEEPY
- SAD
- HOPELESS
- UNMOTIVATED
- INSOMNIA
- TIRED
- LESS ABLE TO CONCENTRATE OR FOCUS



Hello!



I'm Dr. Laurie Alpert — a Naturopathic Doctor and Menopause Society Certified Practitioner here to help you navigate perimenopause with more confidence, clarity, choice, and connection.

Do you find yourself snapping at loved ones, generally feeling 'meh', or getting anxious about things that didn't used to worry you? Have you ever wondered if hormones or perimenopause might be playing a role? These are challenges I help my patients evaluate and navigate every day.

With a deep interest in the relationship between hormones and mental health my approach to care embraces the overlapping effects of our complex physiology with transitioning hormones on our general and mental health. Even though perimenopause can sometimes feel overwhelming and unsettling, it is my mission to help you get the support you need and flip the narrative to embrace this stage of life as an opportunity to cultivate the wise and grounded version of yourself living within.

Warmly,

Laurie

HOW TO USE THIS TOOL

The image shows a questionnaire form with the following sections:

- NAME:** _____
- DATE:** DAY: _____ MONTH: _____ YEAR: _____
- DATE OF LAST PERIOD:** DAY: _____ MONTH: _____ YEAR: _____
- AGE:** _____
- DATE OF BIRTH:** DAY: _____ MONTH: _____ YEAR: _____
- Instructions:** Which of the following apply to you at this time? Please mark the appropriate circle for each item. For things that do not apply, please mark "None".
- QUESTIONS:** A list of 12 symptoms, each with a corresponding row of 5 circles for rating.
- RATING SCALE:** None (0), Mild (1), Moderate (2), Severe (3), Very Severe (4).

The symptoms listed are:

- Hot flashes, sweating (episodes of sweating)
- Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, lighthead)
- Sleep problems (difficulty falling asleep, difficulty in sleeping through the night, waking up early)
- Joint and muscular discomfort (pain in the joints, rheumatoid complaints)
- Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)
- Irritability (feeling nervous, inner tension, feeling aggressive)
- Anxiety (inner restlessness, feeling panicky)
- Physical and mental exhaustion (general decrease in performance, impaired memory, forgetfulness, decrease in concentration)
- Sexual problems (change in sexual desire, in sexual activity and satisfaction)
- Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)

A thorough assessment and discussion of evidence based treatment options takes more than the average 7-10 minute health care appointment. The following questionnaire includes a validated list of questions from menopause research that helps you cut to the chase and prompt your care provider to think about your mood concerns in the context of perimenopause.

1. Print and complete the survey
2. Share the results with your care provider and discuss the implications

If your provider is well informed about menopause care, this questionnaire can invite a discussion around hormone therapy and other specific medications for your mood concerns, expanding your treatment options.

** Due to a general lack of training on menopause specific care your provider may feel ill-equipped, or simply not have the time to answer all of your questions. My goal is to help you receive the standards of care you deserve. Should you ever feel your concerns have not been sufficiently addressed, or you are looking for a more in depth conversation about your situation, please get in touch. It would be my pleasure and privilege to explore your options with you so you can make more confident and informed health care decisions at this time.

Here's to better mental health support throughout perimenopause!

Dr. Laurie Alpert ND MSCP

MENOPAUSE QUESTIONNAIRE

PERSONAL INFORMATION:

NAME: _____

DATE:

DAY / MONTH / YEAR

DATE OF LAST PERIOD:

DAY / MONTH / YEAR

AGE: _____

DATE OF BIRTH:

DAY / MONTH / YEAR

Instructions:

Which of the following apply to you at this time? Please mark the appropriate circle for each item. For things that do not apply, please mark "none"

QUESTIONS:

RATING SCALE:

		score =	None 0	Mild 1	Moderate 2	Severe 3	Very Severe 4
SOMATIC	Hot flushes, sweating (episodes of sweating)		<input type="radio"/>				
	Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)		<input type="radio"/>				
	Sleep problems (difficulty falling asleep, difficulty in sleeping through the night, waking up early)		<input type="radio"/>				
	Joint and muscular discomfort (pain in the joints, rheumatoid complaints)		<input type="radio"/>				
PSYCHOLOGICAL	Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)		<input type="radio"/>				
	Irritability (feeling nervous, inner tension, feeling aggressive)		<input type="radio"/>				
	Anxiety (inner restlessness, feeling panicky)		<input type="radio"/>				
	Physical and mental exhaustion (general decrease in performance, impaired memory, forgetfulness, decrease in concentration)		<input type="radio"/>				
GENITOURINARY	Sexual problems (change in sexual desire, in sexual activity and satisfaction)		<input type="radio"/>				
	Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)		<input type="radio"/>				
	Dryness of vagina (sensation of dryness of burning in the vagina, difficulty with sexual intercourse)		<input type="radio"/>				

FOR MORE SUPPORT



I am dedicated to helping you go from moody, exhausted, and frustrated in perimenopause to feeling like yourself again — by using a whole-person integrative approach to care that combines evidence based conventional and alternative therapies.

Here's to more confidence, clarity, and choice throughout Perimenopause!

Dr. Laurie Alpert ND
Menopause Society Certified Practitioner

To explore working together:

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