THE 3:04 CLUB / WITH DEE

Your appointment script

Ten-minute appointments reward preparation and punish rambling. Fill this in before you go, so you leave with a plan instead of a leaflet.

I turned up to my first appointment with a vague complaint and left with a photocopied sheet about stress. The second time I brought notes and got taken seriously. The difference wasn't my symptoms - it was the paperwork.

1. Open with the impact, not the symptom list

Fill in the blanks and read it out if you need to. Nobody will mind.

"I'm 4_. Over the last _____ months I've had _____, and it's affecting my sleep and my work. I'd like to talk about perimenopause and what my options are."

2. What I want to rule out

- Thyroid function - an underactive thyroid imitates perimenopause almost exactly.
- Iron and

3. The questions I'm not going to forget

- What else could explain these symptoms?
- What ar
my histo

4. My notes from the appointment

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If supplements come up - and they will

Take the bottle, or a photo of the label, and ask one question: is this safe with everything else I take? That's the whole conversation. Here's what's on my shelf, so you're not comparing a blank page against a sales page at 11pm.

Sleep Revive - sleep, 60-day guarantee

Two capsule
one I'd start v

Liv Pure - metabolism and stubborn middle weight

Two capsule
rules on you.

JointVive - joints, 365-day guarantee

One liquid d
narrating the

The coffee-drop one - metabolism, zero new habits

A tasteless p

I earn a commission if you buy through those links, at no extra cost to you. I'm not a doctor. Supplements are not regulated like medicines, they can interact with prescriptions, and statements about them have not been evaluated by the FDA. Show the label to a pharmacist - it takes four minutes and it's free.

One last thing: if you leave feeling dismissed, that's information about the appointment, not about your body. Ask for a second opinion, ask to see someone with an interest in menopause, or ask the practice for another GP. You're allowed. I've done it and the ceiling did not fall in.

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