



Wise Woman Wellness, LLC

Natural Options for Midlife Transitions

Over the past 4 weeks have you had any problems with:	None	Mild	Moderate	Severe	Comments
Weight gain - # of pounds: _____					
Sleep difficulties					
Fatigue/lack of energy					
Dry eyes					
Food cravings					
Abdominal bloating					
Incontinence (leaking urine)					
Vaginal dryness/pain/itching/burning					
Acne/dry or oily skin/wrinkles					
Swollen breasts / Breast pain/tenderness					
Heavy and/or irregular menses					
Hot flashes					
Night sweats					
Decreased libido/interest in sex					
Increased facial hair/losing scalp hair					
Anxiety / Depression					
Mood swings					
Irritability / Anger					
Decreased concentration					
Memory problems					
Joint pain /stiffness					
Muscle pain or weakness					
Desire to learn ways to get or stay healthy through the menopausal transition					
Confusion if should or what hormones, herbal remedies or supplements to take					

If you ranked any symptoms “moderate or severe” it would be wise to consider a Wise Woman Wellness appointment to further evaluate your health. Hormonal testing may be appropriate.

The Wise Woman Wellness Program offers each woman (ages 30 to 64!) the opportunity to learn new ways to feel great! You are invited to take a holistic, integrative approach to ease your hormonal transition. Take the baseline saliva hormone evaluation test to find out your estrogen, progesterone, testosterone, DHEA and cortisol levels. If desired, start **individualized dosed, bio-identical** (natural) hormone replacement medication to ease your symptoms or learn other non-hormonal ways to manage your symptoms.

Testing is covered by most insurance plans and offers a great way to begin to understand your unique hormone balance. No referral is needed. Please call for an appointment today to meet with

Randi (Burnham) Mann, Women’s Health Care Nurse Practitioner and credentialed Menopause Practitioner.