Prepare a menopause appointment question

Try fictional diary entries and choose one question to carry into a visit brief.

01 Turn a vague visit question into a useful note

Imagine preparing for a routine appointment. Using fictional details, turn “My week was difficult” into a short observation and one question.

Use a fictional example

02 Separate an observation from a guess in a symptom diary

Which fictional entry would be easier to revisit without assuming a cause?

- ▢ Woke at 2 a.m. Monday and Thursday
- ▢ The late dinner definitely caused both nights

03 Build a one-question appointment brief

You have room for one priority on a sample visit brief. Write a question about a fictional symptom pattern that you want to understand better.

Draft a fictional question

Worked answers
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