

Follow-up & On-going Monitoring

Is Crucial to Menopause Medicine

- Patients don't necessarily implement what you communicate
 - For eg: monthly stoppage, dosage ceilings, b.i.d. application, location, etc.
- It's common that they tolerate something that would be better to improve, such as over or under dosing
- Monitoring can be delayed if they are doing well
 - Resilience: most women will do well
 - ... it's the vulnerable we are concerned about...
- Our information and optimal approaches can change
- Compliance with f/u: Rx as a medical 'tether'

Initial Followup

Our first visit is the longest

- History: review of Questionnaire, Physical exam
- Initial Rx

Subsequent consultations: two optimal (minimal) afterwards

- 5 – 6 weeks & 8 – 12 weeks
- Can be telephone consultations
- More consultations may be required
- Can be brief My email policy

As satisfaction approaches....

- 24 hour urine hormone kit is given or sent at 2nd consultation

Followup Questionnaire is sent prior to *every* consultation

Followup Questionnaire

HIPAA approved portal

Menopause Treatment Questionnaire (short)

Menopause Method

Patient Information

First Name: Jane Last Name: Smith
Date of Birth: 11/21/1970 Today's Date: 11/06/2017 Age: 46

Your current hormone program:

Hormone	Strength	Base	Dosage	Location
Bi-Est	30 mg/ml 80:20	Organic Oils	3 drops in a.m.	Soft forearm
Progesterone	Transdermal 200	Organic Oils	6 drops in p.m.	Inner thigh
Testosterone	Select Option	Select Option	Select Option	Select Option
DHEA	Select Option	Select Option	Select Option	Select Option
Thyroid	Select Option	Select Option	Select Option	
Other	Select Option			
Other	Select Option			

Day of month you stop Bi-Est: 1st Day of month you begin Bi-Est: 3rd
Day of month you stop progesterone: 1st Day of month you begin progesterone: 3rd
Day of month you stop DHEA: 1st Day of month you begin DHEA: 3rd
Day of month you stop testosterone: 1st Day of month you begin testosterone: 3rd

Symptoms

Hot flashes: Frequently and the effect is mild	Warm rushes: Occasionally and the effect is mild
Night sweats: Frequently and the effect is mild	Kicking covers off at night: Occasionally and the effect is mild
Sleep disturbance: Frequently and the effect is mild	Awaken with racing mind: -Select Option-
Vaginal dryness: Yes, and change is mild	Use of lubrication during intercourse: Yes
Pain during intercourse: Mild	Vaginal atrophy: Mild
Breast tenderness: Never (or almost never)	Nipple tenderness: Never (or almost never)
Breast fullness: Never (or almost never)	Breast pain: Never (or almost never)
Weight gain: Yes, and change is mild	Times/night up to urinate: Twice
Pubic hair loss: Yes, and change is mild	Lose urine on cough: Never (or almost never)
Difficulty getting up from a chair: Occasionally and the effect is mild	

Other (please specify):

General health assessment:

Energy level: 7 Sleep: 7
Memory: 8 Mood: 7
Libido: 4

Submit

Portal
PDF

Short Follow up Questionnaire
(Save or Print for your records)

Information

Name: Jane Smith Date of Birth: 11/21/1970
Today's Date: 11/06/2017 Age: 46

Your current hormone program:

Hormone:	Strength:	Base:	Dosage:	Location:
Bi-Est:	30 mg/ml 80:20	Organic Oils	3 drops in a.m., 3 in p.m.	Soft forearm
Progesterone:	Transdermal 200 mg/ml	Organic Oils	6 drops in p.m.	Inner thigh

Testosterone:

DHEA:

Thyroid:

Other:

Other:

Day of month you stop Bi-Est: 1st Day of month you begin Bi-Est: 3rd
Day of month you stop progesterone: 1st Day of month you begin progesterone: 3rd
Day of month you stop DHEA: 1st Day of month you begin DHEA: 3rd
Day of month you stop testosterone: 1st Day of month you begin testosterone: 3rd

Symptoms:

Hot flashes: Frequently and the effect is mild
Warm rushes: Occasionally and the effect is mild
Night sweats: Frequently and the effect is mild
Kicking covers off at night: Occasionally and the effect is moderate
Sleep disturbance: Frequently and the effect is mild
Awaken with racing mind: -Select Option-

Vaginal dryness: Yes, and change is mild
Use of lubrication during intercourse: Yes
Pain during intercourse: Mild
Vaginal atrophy: Mild
Breast tenderness: Never (or almost never) and the effect is mild
Nipple tenderness: Never (or almost never) and the effect is mild
Breast fullness: Never (or almost never) and the effect is mild
Breast pain: Never (or almost never) and the effect is mild
Weight gain: Yes, and change is mild
Times/night up to urinate: Twice
Pubic hair loss: Yes, and change is mild
Lose urine on cough: Never (or almost never) and the effect is mild

Other (please specify):

General health assessment:

Energy level: 7 Sleep: 7
Memory: 8 Mood: 7
Libido: 4

Followup Questionnaire

dropdown list
strength
30 mg/ml 80:20
Hormone
Bi-Est
Base:
Organic Oils
dosage
3 drops a.m.
3 drops p.m.
Location of application
Soft forearm
Progesterone

Hormone	Strength	Base	Dosage	Location
Bi-Est	30 mg/ml 80:20	Organic Oils	3 drops in a.m.	Soft forearm
Progesterone	Transdermal 200 m	Organic Oils	6 drops in p.m.	Inner thigh
Testosterone	Select Option	Select Option	Select Option	Select Option
DHEA	Select Option	Select Option	Select Option	Select Option

