

The Midlife Intersection:

Breast Cancer Treatment, Menopause and Bone Health

Questions to ask your doctor about hormone changes and breast cancer treatment.

- How might the breast cancer treatment you're recommending for me affect perimenopause or menopause?
- Given my menopausal status, if I need hormone therapy, is tamoxifen or an aromatase inhibitor better for me, and how does it affect my treatment options?
- Will my period return after my breast cancer treatment?
- What options do I have to help manage any menopausal symptoms I may experience?
- Are there any treatments, supplements or medications for menopause that I should avoid because of my breast cancer or its treatment?
- How could treatment affect my bone health and should I get a bone scan?
- Should I take calcium, vitamin D or a bone-protecting medication?
- What weight-bearing exercises are safe for me right now?
- Who should coordinate my care?

"Bring This to Your Appointment" CHECKLIST:

- ☐ List of current symptoms and when they started
- ☐ Menstrual history (last period, irregularities)
- ☐ List of current medications, supplements and complementary therapies
- ☐ Family history of osteoporosis or fractures
- ☐ Notebook or app for tracking side effects
- ☐ A list of questions you want to ask

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