

Hormones, in plain language.

Questions you were told were normal, in your head, or too late? Read a straight answer first.



WHAT YOU WILL FIND

- 91 free symptom guides, free forever
- Evidence graded A/B/C, dated, and sourced
- Written for peri, post, surgical, and early menopause

GOOD TO KNOW

- No sign-in needed to read
- Private by default; your entries stay yours
- Information and peer support, not medical advice



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91

symptom guides.
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Where is it loudest?

Menopause touches the whole body. **Circle what's speaking up**, then bring this page to your appointment.



BRAIN & NERVOUS SYSTEM

- ☐ Anxiety & low mood
- ☐ Brain fog
- ☐ Sleep & insomnia
- ☐ Rage

EYES

- ☐ Dry eyes
- ☐ Vision changes & floaters

THYROID

- ☐ Thyroid in midlife

LUNGS & BREATHING

- ☐ Air hunger
- ☐ Sleep apnea

BREAST

- ☐ Breast tenderness
- ☐ Breast health

HEART & CIRCULATION

- ☐ Hot flashes
- ☐ Heart palpitations
- ☐ Cold flashes & chills

LIVER & METABOLISM

- ☐ Alcohol hits harder
- ☐ Weight & insulin

IMMUNE & INFLAMMATION

- ☐ Histamine responses
- ☐ Inflammation flares

KIDNEYS & URINARY

- ☐ Bladder leaks & urgency
- ☐ Recurrent UTIs

GUT & INTESTINES

- ☐ Bloating & gut
- ☐ Mouth & teeth

UTERUS, OVARIES & PELVIS

- ☐ Heavy bleeding & flooding
- ☐ Fibroids
- ☐ Low libido & intimacy

FAT, INSULIN & METABOLISM

- ☐ Insulin resistance
- ☐ Weight changes

MUSCLE

- ☐ Frozen shoulder
- ☐ Muscle cramps
- ☐ Hip pain

BONE

- ☐ Bone health
- ☐ Joint pain & stiffness

SKIN, HAIR & SENSES

- ☐ Hair thinning
- ☐ Itchy skin
- ☐ Skin changes

Bring this to your appointment.

Three minutes now can save twenty later. Jot it down and hand it over.



MY TOP THREE RIGHT NOW the ones running your life

1

2

3

QUESTIONS FOR MY CLINICIAN nothing is too small to ask

WHAT I'VE ALREADY TRIED so nobody starts from zero

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Hello Nila is information and peer support, not a medical clinic. It does not prescribe or diagnose.

Talk to your own care team about treatment decisions.

Photo: Reyna Montgomery via Pexels. The people shown are models, not patients.