Which Lane Are You In?

My HRT Decision Map · Is HRT right for ME?

Thrive Table Talk with Dr. LaReesa · Oct 21, 2026

Name (optional) _____

1 Your Story

Symptoms · impact · season of life

My stage: ☐ Perimenopause ☐ Menopause ☐ Postmenopause ☐ Not sure

My top 3 symptoms (from the NMF Menopause Symptom Checklist):

1. _____ 2. _____ 3. _____

What it's costing me: ☐ Sleep ☐ Work ☐ Relationships ☐ Joy ☐ Other: _____

My season of life: ☐ I have my uterus ☐ Still cycling ☐ Need contraception ☐ Want to stop anytime

I prefer: ☐ Daily ☐ Weekly ☐ Every 3 months ☐ Set-and-forget ☐ Not sure

Family history I should mention: _____

What this season demands of me: _____

2 Safety Check

History · risks · red lights (review these with your clinician)

Red lights I have: ☐ Unexplained bleeding ☐ Estrogen-sensitive breast cancer ☐ Endometrial cancer ☐ Prior clot, stroke, or heart attack ☐ Active liver disease ☐ Pregnancy

Yellow lights I have: ☐ Migraine with aura ☐ BRCA / family history ☐ High clot risk ☐ High triglycerides ☐ None that I know of ☐ I'm not sure — I'll ask

3 My Lane Today

check one

☐ Green: Go

HRT is an option

Hormones to ask about:

☐ Estradiol ☐ Progesterone ☐ Testosterone

Delivery that fits my life:

☐ Patch ☐ Gel / spray ☐ Pill ☐ Vaginal cream / tablet ☐ Ring (Estring / Femring) ☐ Pellet

Uterus? Ask about progesterone.

☐ Yellow: Let's Talk

Tailor the approach

What needs a closer look:

_____

_____

_____

Questions about route + dose:

_____

_____

_____

☐ Red: Not Systemic

Other paths forward

Options to ask about:

☐ Nonhormonal medication
☐ Local vaginal care
☐ CBT for sleep
☐ Foundations: sleep, nutrition, movement, mindset

My notes:

_____

_____

4 Your Guardrails

Track · reassess · adjust

How I'll know it's working: _____

When we'll reassess: _____

What would make me change course: _____

The health question I've been putting off: _____

Not sure of your lane yet? That's OK. That's what the Deep Dive is for.

Bring this to Oct 28 · Beyond the Prescription · 8 PM ET · thrivebeyondwellness.com/thrive-table-talk

Ready for your personal plan? Book a Deep Dive Consultation: thrivebeyondwellness.com/consultation-form

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