







Hormone therapy checklist table

Issues	Questions to ask your healthcare team
Bone health 	How will the hormone therapy affect my bones?
	What is my risk of bone fracture?
	What is my risk of developing osteoporosis?
	Do I need to have a DEXA scan?
	Should I take any vitamin D or calcium supplements? If yes, what dose should I take?
	Can I take any medications that will help my bone health?
	What can I do myself to help my bone health whilst on hormone therapy?
Heart and blood vessels (cardiovascular health) 	How will hormone therapy affect my heart or blood vessels?
	What is my risk of developing cardiovascular problems?
	Do I need any tests on my heart before starting the hormone therapy?
	There is heart disease in my close family. Will this stop me from having hormone therapy? If no, how will you monitor my cardiovascular health whilst I am on hormone therapy?
	Is there anything I can do to help my cardiovascular health whilst on hormone therapy?
Type 2 Diabetes	Am I at risk of getting type 2 diabetes whilst on hormone therapy? If yes, why is this?
	What can I do to help reduce my risk of getting type 2 diabetes?
Sexual health 	Will the hormone therapy affect my sexual function?
	What type of sexual side effects may I get?
	What support can I get for sexual side effects?
	Is there any treatment I can have to help my sexual side effects?
	Can my partner and I be referred to a psychosexual counsellor?
	Is there anything I can do to help with the sexual side effects?
	I am single, can I still access sexual support services?
	I am gay/bisexual/trans is there anywhere I can go to get specialist support?
Hot sweats and fatigue plus other physical effects 	How long before the hot sweats and or fatigue start?
	What makes hot sweats/fatigue worse?
	What support can I get for hot sweats and/or fatigue?
	What can I do to help manage my hot sweats and/or fatigue?
	What other physical side effects may I get whilst on hormone therapy?
Psychological and emotional health 	Will the hormone therapy affect my psychological and emotional health? If yes, how?
	I have been diagnosed with depression; will this get worse if I start hormone therapy?
	What support is available to me to help me manage my emotional and psychological health?
	What can I do to help my emotional and psychological health whilst on hormone therapy?
	Will hormone therapy affect my memory?
Living a healthy lifestyle 	What support can I get to help me live a healthy life whilst on hormone therapy?
	I find exercise difficult. What supervised programmes are available to me?
	I don't know where to start to improve my diet, can I be referred to a dietician?
	I want to cut down/stop smoking, where can I go to get support?
	Can I drink alcohol whilst on hormone therapy?