Menopause & Hot Flashes

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–10 visits

weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: reduced hot-flash burden or improved sleep; results vary.

AFTER YOUR TREATMENT

Track hot flashes and sleep; continue gynecology care and other prescribed treatment.

WE WILL TRACK

Hot-flash frequency, intensity and sleep quality.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

New abnormal uterine bleeding, severe symptoms or concerning changes warrant medical assessment.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.