



MARIPOSA
MENOPAUSE SPECIALISTS

THE GUIDE

The labs worth asking for.

So your next appointment starts with the right questions, not guesses. These are the categories that actually matter around menopause — the ones that get skipped when nobody knows to ask. Bring this with you.

The categories that actually matter.

01 · The hormone picture

Where your hormones actually stand — read alongside your symptoms, not in isolation. This is the category most women assume they've had checked and often haven't, and it's the starting point for understanding what's really shifting.

02 · Metabolism & insulin

How your metabolism is really doing, beneath the number on the scale. The way your body handles energy and stores fat can change in this season — and it explains a lot of the frustration that “eat less, move more” never fixes.

03 · Thyroid

The great menopause mimic. Thyroid trouble can look almost exactly like perimenopause — the fatigue, the brain fog, the weight shifts — and it often travels alongside it. Which is why it deserves its own look, not a lump-it-all-together assumption.

04 · Bone & foundation markers

An early read on the bone loss that tends to speed up around menopause — while there's still plenty of time to protect it. This is the category women wish they'd looked at sooner, because it's so much easier to build ground you haven't lost yet.

05 · Heart & cholesterol

The cardiovascular picture that quietly shifts after menopause — often without any symptom loud enough to notice. Looking now means you're working with information instead of hindsight, and it's one of the most protective conversations you can have.

06 · How to read them — with a specialist

A “normal” result for the general population isn't the same as optimal for you. The real value comes from reading your labs as a whole — one number in context of the others, alongside how you actually feel. Bring this checklist so nothing gets read in isolation. See what a first visit looks like →

Bring this to your appointment. "Normal for the general population" isn't the same as "optimal for you" — ask that your labs be read as a whole, alongside your symptoms and history.