

Navigating Menopause with Autoimmune Disease

A SELF-ADVOCACY & SYMPTOM TRACKING GUIDE

Perimenopause x The Autoimmune Connection

If you're in perimenopause or menopause and living with an autoimmune condition, you're not imagining it: your body is dealing with a double storm.

Hormonal shifts can trigger flares, worsen fatigue, and impact your gut, mood, and sleep. This guide is your self-advocacy toolkit — helping you track symptoms, ask the right questions, and start better conversations with your care team.



Track Your Symptoms

Use a symptom journal or tracker app and log these regularly.

- ✓ Medications & Supplements
- ✓ Lifestyle Factors
- ✓ Hormonal Changes
- ✓ Autoimmune Symptoms

RESOURCES TO EXPLORE

- **Generation M** – Dr. Jessica Shepherd
- **The Invisible Kingdom** – Meghan O'Rourke
- **Institute for Functional Medicine** – IFM.org
- **Autoimmune Wellness** – autoimmunewellness.com
- **North American Menopause Society** – menopause.org



QUESTIONS TO ASK YOUR DOCTOR

Bring these to your next appointment:


1. How might menopause be affecting my autoimmune condition?
2. Are hormone therapies safe with my diagnosis?
3. Could I benefit from additional lab testing (hormones, inflammation, nutrients)?
4. Do you recommend lifestyle or dietary changes tailored to my diagnosis?
5. What integrative or non-pharma approaches are available?



RED FLAGS THAT YOU'RE BEING DISMISSED

Watch out for these phrases:

- "You're too young for menopause."
- "That's just part of aging."
- "Your labs are fine."
- "You don't need treatment unless it's severe."
- "Stress is probably causing everything."
- "Autoimmune and menopause aren't really connected."

 If you're not being heard, it's okay to seek a provider who will truly listen.

You deserve a care plan that reflects your full experience — not just one part of it.
Trust your intuition. Advocate for your body. You're not "too sensitive" — you're wise.