



**INSTRUCTIONS: Check either "Ongoing" or "Just w/ Period" for each problem that applies to you. Check both if the problem is ongoing and worse with your period. Then rate the severity.**

SIGNS & SYMPTOMS	ONGOING	JUST W/ PERIOD	SEVERITY			MORE INFORMATION
			MILD	MODERATE	SEVERE	
Mood swings						
Anxiety/Nervousness						
Overly Reactive/Short fuse						
Irritability						
Depression						
Lowered self-esteem/self-image						
Caretake others before yourself						
Sadness/Crying						
Foggy thinking						
Memory difficulties						
Fatigue						
Constant hunger						
Sweet cravings (carbs/chocolate)						
Caffeine/Stimulant cravings						
Salt cravings						
Headaches/Migraines						
Body/Joint Aches/Backache						
Weight gain						
Weight loss						
Water Retention						
Bloating						
Irritable Bowel						
Constipation						
Light colored stool						
Loose stool/Diarrhea						
Nausea/vomiting						
Acne						
Excessive facial hair						
Body/Head hair loss						
Dry skin/Brown spots						
Lowered libido						
Heightened libido						
Hot flashes						
Night sweats						
Breast tenderness/swelling						
Nipple discharge						
Vaginal infections						
Urinary frequency						
Incontinence						
Vaginal dryness						
Painful intercourse						
ny other symptoms?						

**REPRODUCTIVE HEALTH HISTORY** (please fill in or circle the appropriate answer)

1. Age at onset of menarche (first period): \_\_\_\_\_ Approximate date of onset: \_\_\_\_\_
2. Are you currently using a method of birth control? Yes No  
If yes, what method? \_\_\_\_\_
3. Are you, or have you used (please circle) oral, injected, patch, or ring hormone contraceptives, or used Emergency Contraception (aka "the day after" pill)? Yes No  
When and for how long? \_\_\_\_\_
4. Are you, or have you used an IUD? Yes No If yes, when and for how long? \_\_\_\_\_  
What type of IUD did you use? copper hormone other \_\_\_\_\_
5. Please describe problems that you may have experienced associated with the use of any and all birth control methods (such as yeast, heavy/light bleeding, mood, weight gain, acne, sweet cravings, fatigue, depression, palpitations, etc.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Have you used, or are you currently using fertility or treatment? Yes No  
If yes, please explain. \_\_\_\_\_
7. Have you used, or are you currently using, bioidentical hormones (such as DHEA, pregnenolone, progesterone, estrogen, testosterone, etc.)? Yes No If yes, what hormone(s), dosage, & for how long? \_\_\_\_\_  
\_\_\_\_\_

8. Have you been pregnant before? Yes No Age(s) of children: \_\_\_\_\_  
Number of pregnancies? \_\_\_\_\_ Details/ Complications: \_\_\_\_\_  
Number of live births: \_\_\_\_\_  
Miscarriages: \_\_\_\_\_  
Premature births: \_\_\_\_\_  
Cesarean births: \_\_\_\_\_  
Stillbirths: \_\_\_\_\_  
Abortions: \_\_\_\_\_  
Ectopic pregnancies \_\_\_\_\_
9. If you have had a miscarriage, how many weeks pregnant were you? \_\_\_\_\_
10. Have you had an abnormal Pap Test? Yes No Diagnosis/Reason: \_\_\_\_\_  
Treatment and/or Medication: \_\_\_\_\_
11. Have you had a vaginal infection? Yes No If yes, what? \_\_\_\_\_  
Treatment and/or Medication: \_\_\_\_\_
12. Any history of... Ovarian cysts? Yes No Uterine fibroids? Yes No  
Fibrocystic Breasts? Yes No Endometriosis? Yes No  
Polycystic Ovarian Syndrome (PCOS)? Yes No

**FOR CYCLING-AGE WOMEN** (please fill in or circle the appropriate answer)

1. First day of last menstrual period (LMP): \_\_\_\_\_ Have you had a tubal ligation? Yes No When? \_\_\_\_\_
2. Has there been any recent change in your cycle or symptoms associated with your cycle? Yes No  
If yes, please give details. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. How many days is your current cycle? (Counted from the first day of your period to the first day of your next period)  
<20 \_\_\_\_\_ 20-30 \_\_\_\_\_ 30-40 \_\_\_\_\_ 40-50 \_\_\_\_\_ >50 \_\_\_\_\_
4. How many days does menstruation typically last? \_\_\_\_\_
5. Is your cycle regular? Yes No Not Always Details: \_\_\_\_\_
6. Typical menstrual flow: Light Medium Heavy Details: \_\_\_\_\_
7. How many pads and/or tampons (circle) are used on heavy days? \_\_\_\_\_
8. Do you pass clots? Yes No How often? \_\_\_\_\_
9. Do you spot? Yes No At what point in your cycle? \_\_\_\_\_
10. Do you experience cramping? None Mild Moderate Severe  
At what point in your cycle? \_\_\_\_\_
11. Do you experience abnormal vaginal discharge? Yes No If yes, when? \_\_\_\_\_
12. Do you experience vaginal itching and/or odor? Yes No If yes, when? \_\_\_\_\_
13. Do you experience breast tenderness? None Mild Moderate Severe  
At what point in your cycle? \_\_\_\_\_ Change in breast size? Yes No
14. Do experience nipple discharge? Yes No If yes, when? \_\_\_\_\_ Color? \_\_\_\_\_

**FOR MENOPAUSAL WOMEN** (please fill in or circle the appropriate answer)

1. Your age at the onset of menopause: \_\_\_\_\_ Year of onset: \_\_\_\_\_
2. Have you had a hysterectomy? complete (ovaries AND uterus) partial (uterus only)
3. Date of hysterectomy: \_\_\_\_\_ Reason for hysterectomy: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. List any other GYN related surgeries: \_\_\_\_\_  
\_\_\_\_\_
5. Describe your experience transitioning into menopause (symptoms, strong emotions, thoughts, unusual stressors, etc.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MENOPAUSAL WOMEN, CONT'D**

6. Have you used, or are you currently using, conventional hormone replacement therapy (HRT)? Yes No  
If yes, what were you prescribed? \_\_\_\_\_  
What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_
7. Have you used, or are you currently using bioidentical hormone creams/gels/sublingual, troche, oral? Yes No  
If yes, what? \_\_\_\_\_  
What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_
8. Have you utilized any alternative, complementary, or natural remedies in your management of menopause? Yes No  
If yes, what? \_\_\_\_\_  
For how long? \_\_\_\_\_
9. Have you had, or do you have any vaginal spotting or bleeding since menopause? Yes No  
If yes, when? \_\_\_\_\_ Were you evaluate and/or treated by a GYN? Yes No  
Treatment: \_\_\_\_\_

**PLEASE DESCRIBE YOUR CYCLE HISTORY.**

10. How would you have described your menstruation?  
Easy Uncomfortable Difficult Debilitating
11. What was your typical menstrual flow? Light Medium Heavy
12. When you were cycling would you consider your cycle regular? Yes No  
If no, explain. \_\_\_\_\_
- Please describe any 'treatment' ever received for cycle issues. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SLEEP HABITS**

1. How do you sleep? Well Trouble falling asleep Trouble staying asleep Insomnia  
How long has this been happening? \_\_\_\_\_
2. How many hours do you sleep a night on average? \_\_\_\_\_
3. Do night sweats wake you up? Yes No How often? \_\_\_\_\_
4. Do you wake up tired? Yes No How long has this been happening? \_\_\_\_\_
5. Is your room completely dark when you sleep at night? (no night light, street lamp, TV, etc.) Yes No
6. Do you get at least 30 minutes of outside daylight time, several days each week? Yes No