

Am I Going Through Menopause?

Read the sentences below and check “yes” for the ones that apply to you. Check “no” for the ones that do not apply to you.

Changes in your Period: Yes No

- | | | |
|--|---|---|
| <input type="radio"/> Sometimes my cycle is shorter than usual | C | C |
| <input type="radio"/> I occasionally bleed between my periods | C | C |
| <input type="radio"/> I'm having my period a lot more than usual | C | C |
| <input type="radio"/> I'm hardly having periods | C | C |

Hot Flashes:

- | | Yes | No |
|--|-----|----|
| <input type="radio"/> I suddenly begin to sweat | C | C |
| <input type="radio"/> My face becomes very red and hot | C | C |
| <input type="radio"/> I wake up in the middle of the night drenched in sweat | C | C |
| <input type="radio"/> Hot drinks and alcohol make me very hot and un comfortable | C | C |

Dryness:

- | | Yes | No |
|--|-----|----|
| <input type="radio"/> Sex is sometimes painful and dry | C | C |
| <input type="radio"/> I have vaginal itching and irritation but no infection | C | C |

Bladder Problems:

- | | Yes | No |
|---|-----|----|
| <input type="radio"/> I always feel like I have to urinate, even if I don't | C | C |
| <input type="radio"/> I leak urine when I sneeze or cough | C | C |
| <input type="radio"/> The need to urinate wakes me from my sleep | C | C |

Mood Swings:

- | | Yes | No |
|--|-----|----|
| <input type="radio"/> I feel so old | C | C |
| <input type="radio"/> I can't get up on my sleep; I'm always tired | C | C |
| <input type="radio"/> I'm cranky and little things annoy me | C | C |