

### Part 1: Premenstrual Complaints

Check the symptoms you experience regularly *one to two weeks* before your period

- Decreased sex drive or libido
- Softness and/or decrease of muscle size
- Changes in muscle tone
- Decrease in muscle strength and endurance
- Erections less strong
- Less frequent nocturnal erections
- Water retention
- Abdominal bloating
- Tender, swollen and/or painful breasts

- Breast lumps increase in size and tenderness
- Discharge from nipple
- Craving for sweets
- Increased appetite
- Heart palpitations
- Fatigue
- Headaches
- Shaky or clumsy
- Depressed
- Withdrawn
- Confused
- Forgetful
- Insomnia/difficulty sleeping

### Part 2: Menstrual Complaints

Check the symptoms

- Cramping in lower abdomen or pelvic area
- Sharp intermittent pain
- Dull aching pain
- Upset stomach
- Diarrhea
- Nausea or vomiting
- Low backaches

- Difficulty concentrating
- Accident prone
- Unusual fatigue (take naps)
- Decreased productivity
- Weight gain
- Painful and/or swollen breasts
- Irritability
- Mood swings
- Depression
- Painful intercourse

### Part 3: Hormonal and Ovarian Imbalance

Check any of the following statements

- Heavy prolonged menstrual bleeding/clotting
- Menstrual bleeding that lasts longer than five days
- Absence of periods for three months or more
- Vaginal itching, burning and dryness
- Menstruation that occurs too frequently (every twenty-one to twenty-four days)
- Irregular periods (once every three to six months)

- Unusually light menstrual flow ("spotting")
- Menses last three days and are light
- Bleeding or spotting between periods
- Bleeding between periods is light ("staining")
- Bleeding between periods is heavy and/or clots
- Abnormal vaginal discharge
- Frequent urination
- Frequently skip periods
- Menstrual cycles every thirty-six days or longer
- Unusually light or heavy periods

### Part 4: Peri-and Postmenopause

Check any of the following symptoms and/or behaviours

- Decline in vital energy and sense of well being
- Hot flashes
- Night sweats
- Spontaneous sweating
- Chills
- Depressed
- Irritable
- Anxiety
- Anger
- Mood swings
- Headaches
- Forgetful
- Difficulty concentrating

- Difficulty sleeping
- Urinary problems
- Vaginal problems
- Dry skin
- Bleeding between periods
- Irregular periods
- Stopped menstruating
- Joint and muscle pain
- Change in sexual desire
- Difficulty with orgasm
- Painful intercourse
- Loss of muscle tone
- Vaginal bleeding anytime
- Vaginal bleeding after sex
- Vaginal discharge