

Take a moment to answer the six questions below. If you answer “YES” to any of these questions, we encourage you to discuss this with your healthcare provider. Consider taking a copy of this form to help you start the conversation.

	YES	NO
1) Any changes in your periods? ¹		
2) Are you having any hot flashes? ²		
3) Any vaginal dryness, pain or sexual concerns? ³		
4) Are you having any bladder issues or incontinence? ⁴		
5) How is your sleep? ⁵ <ul style="list-style-type: none"> • I am having new sleep difficulties. 		
6) How is your mood? ⁶ <ul style="list-style-type: none"> • I am having new or increased anxiety, irritability, depression or low mood? 		

¹This question is intended to determine if you are menopausal and to screen for unexpected vaginal bleeding.

²Hot flashes are described as a sudden temporary onset of body warmth, flushing and sweating and can vary in severity. Hot flashes and night sweats occur to some degree in the majority of menopausal women. Joint pains may occur instead of or in addition to hot flashes in some populations.

³Many menopausal women will develop dryness of the vaginal tissues due to reductions in estrogen levels. This can lead to local pain and sexual complaints.

⁴Reduced estrogen can also lead to frequent urination, recurrent bladder infections and difficulty with bladder control (incontinence). These vaginal and bladder symptoms are called GSM (the genitourinary syndrome of menopause) and may respond to menopausal treatments.

⁵New sleep difficulties are common, particularly during the perimenopause (the months before and after the final menstrual period).

⁶New or worsening mood symptoms can be common particularly during the perimenopause and can cause significant distress. These symptoms tend to improve in the years after menopause.