

Please try to answer all questions

*Symptoms*

\*tick all that apply

	No	Sometimes	Frequently
Hot flushes			
Night sweats			
Palpitations			
Vaginal dryness			
Urinary symptoms			
Pain during/after intercourse			
Poor concentration			
Tiredness			
Emotional			
Irritable			
Feeling anxious/tense			
Feeling low/depressed			
Poor sleep			
Poor libido/sex drive			
Joint pains			
Headaches			
Dizziness			
Tinnitus			

Any other symptoms not listed above

Most bothersome symptom(s)

*Family history* \*please note which family was member affected and age when diagnosed

Did anyone in your family have breast cancer?

Did anyone in your family ever have a clot in the leg (deep vein thrombosis) or lungs (pulmonary embolism)?

Did anyone in your family ever have heart disease e.g. heart attack, bypass?

Did anyone in your family ever have a stroke?

Other family history

*Medications*

\*including vitamins, supplements and over the counter medication

*Social history*

Do you smoke currently or did you ever smoke? If yes, how many a day?

Do you drink alcohol? If yes, on average how many over 7 days?

Do you drink tea or coffee? If yes, how many a day?

Do you do any exercise? If yes, what and how many times a week?

First day of your last period

Current contraception

Current weight (if known) \_\_\_\_\_

Current height (if known) \_\_\_\_\_

Screening \*please leave blank if unknown

Is your smear up to date?

Is your mammogram up to date?

I would like to see the well woman clinic because...

## Useful resources to read before your appointment

### 1. Summary booklet

[https://www.womens-health-concern.org/wp-content/uploads/2023/08/MEN0921351544-005\\_Menopause-Support-Booklet-5-3.pdf](https://www.womens-health-concern.org/wp-content/uploads/2023/08/MEN0921351544-005_Menopause-Support-Booklet-5-3.pdf)

### 2. Lifestyle advice relevant to menopause/perimenopause

<https://www.nhs.uk/conditions/menopause/things-you-can-do/>

### 3. Other useful websites

<https://www.nhs.uk/conditions/menopause/>

<https://www.womens-health-concern.org/help-and-advice/factsheets/>

<https://www.menopausematters.co.uk/>

<https://www.balance-menopause.com/menopause-library/>