

Abnormal Bleeding Checklist:

Thank you for trusting your provider at The Women's Health Group to assist you in finding a solution to your abnormal bleeding.

Please mark on the checklist below the statements that are applicable to you:

- My period affects my quality of life.
- I am bothered by frequently needing to change pads or tampons during my period.
- My periods make me feel depressed or moody.
- I frequently bleed through my clothes.
- My period lasts more than 5 to 7 days.
- I frequently experience fatigue and exhaustion when I have bleeding.
- I often have clots with my bleeding.
- My period causes me to miss work.
- I often avoid participating in activities that I enjoy because of my bleeding.
- I have bleeding episodes multiple times a month.
- My life would improve if I could decrease or eliminate my bleeding.
- I would like to learn about treatment options for my bleeding.