



ACUPUNCTUREBLUE

Acupuncture Blue, 705.351.8501, www.acupunctureblue.com

Date of 1<sup>st</sup> Period: \_\_\_\_\_ Pregnancies: \_\_\_\_\_ Children: \_\_\_\_\_ Miscarriages/abortions: \_\_\_\_\_

Endometriosis: \_\_\_\_\_ Infertility: \_\_\_\_\_ Breast lumps: \_\_\_\_\_ Fibroids/ovarian cysts: \_\_\_\_\_

Oral contraceptive use: \_\_\_\_\_ Type: \_\_\_\_\_ Length of use: \_\_\_\_\_

Time Between Cycles: \_\_\_\_\_ Duration of menses: \_\_\_\_\_ Last menses: \_\_\_/\_\_\_/\_\_\_\_\_

- |                                     |                                       |                                      |  |
|-------------------------------------|---------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Regular    | <input type="checkbox"/> Dysmenorrhea | <input type="checkbox"/> Light flow  | <input type="checkbox"/> Pale colour   |
| <input type="checkbox"/> Irregular  | <input type="checkbox"/> PMS          | <input type="checkbox"/> Clots       | <input type="checkbox"/> Forgetfulness |
| <input type="checkbox"/> Amenorrhea | <input type="checkbox"/> Heavy Flow   | <input type="checkbox"/> Dark colour | <input type="checkbox"/> Other:        |

Recent changes in menstrual flow / cycle: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Menopause: \_\_\_\_\_ Surgical menopause:  Y  N \_\_\_/\_\_\_/\_\_\_\_\_ HRT: \_\_\_\_\_

- |   |  |                                       |   |
|---|--|---------------------------------------|---|
| <input type="checkbox"/> Irregular menses | <input type="checkbox"/> Insomnia            | <input type="checkbox"/> Irritability | <input type="checkbox"/> Dry skin/vagina  |
| <input type="checkbox"/> Hot flushes      | <input type="checkbox"/> Emotional liability | <input type="checkbox"/> Dizziness    | <input type="checkbox"/> Decreased libido |
| <input type="checkbox"/> Sweating         | <input type="checkbox"/> Anxiety/nervousness | <input type="checkbox"/> Palpitations | <input type="checkbox"/> Other:           |

\_\_\_\_\_  
\_\_\_\_\_