



Dear Patient,

in order to be able to help you with your request, I ask you to fill out this form, print it out, answer the following questions and bring it with you.

"No need to be afraid of the menopause!"

| MENOPAUSE-QUESTIONNAIRE | | | | | | | |
|--|-------|--------------------------------|----------|----------------------|----------|----------|----------|
| Name: | | | | | | | |
| Date of birth: | | | | | | | |
| How old are you? | _____ | Last visit at your Gyn? | _____ | | | | |
| Last menstrual bleeding (month/year)? | | | _____ | | | | |
| Since when do you have complaints? | | | _____ | | | | |
| Which kind of symptoms do you have now, which you did not have 5 years ago? | | | | Severity 1-10 | | | |
| | | | A | B | C | D | E |
| 1. Hot flushes, Sweats | | | | | | | |
| 2. Sleeping disorders (falling asleep / waking up) | | | | | | | |
| 3. Mood swings, Depression, Anxiety | | | | | | | |
| 4. Restlessness, Irritability | | | | | | | |
| 5. Heart palpitations | | | | | | | |
| 6. Exhaustion (physically / mentally) | | | | | | | |
| 7. Libido Disorder (Lack of sexual desire) | | | | | | | |
| 8. Muscle- and Joint problems | | | | | | | |
| 9. Dry vaginal mucosa | | | | | | | |
| 10. | | | | | | | |
| Date: | | | | | | | |