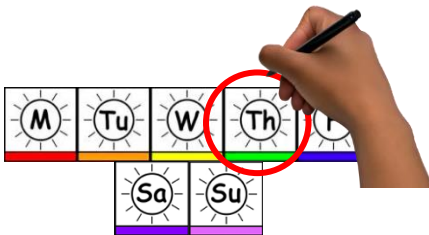




# My menopause book



You can use this book to help you think about the menopause – and how it makes you feel



You need to

- draw a circle around today's day



Then circle the different pictures that show

- how you feel



- or what you see



- you can circle more than 1 picture

You can ask someone to help you to do this





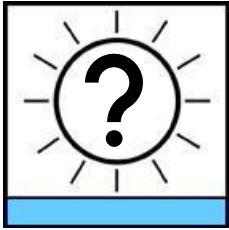
## Questions about your menopause

What are the hardest things about the menopause for you?  
(circle **all** that apply)

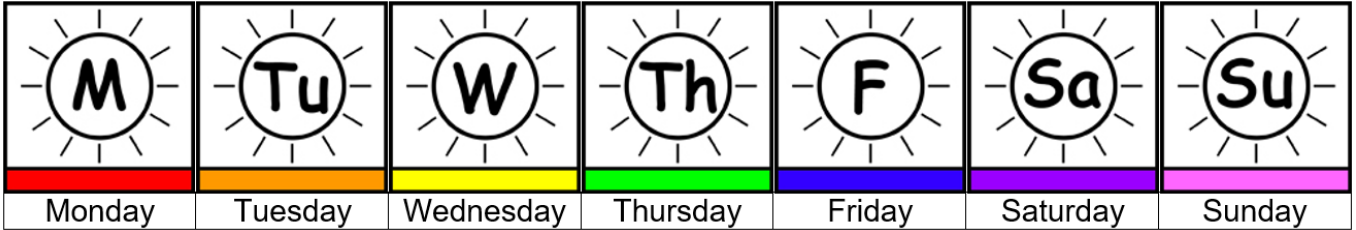
 <p>pain</p>	 <p>mood changes</p>	 <p>sleep</p>	 <p>dizziness</p>	 <p>hot flushes</p>
 <p>hair loss</p>	 <p>weight change</p>	 <p>itchy skin</p>	 <p>confusion</p>	

yes ✓	no ✗

	<p>Are you on <b>hormone replacement therapy (HRT)</b>? (tick <b>yes</b> or <b>no</b>)</p>		
	<p>Does <b>HRT</b> help you with the menopause? (tick <b>yes</b> or <b>no</b>)</p>		



Today the day is...  
(circle your answer)



Today I feel...  
(circle your answer)



really happy



happy



normal



sad



angry



Last night my sleep was...  
(circle your answer)



really good



good



normal



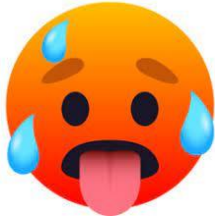
bad



really bad



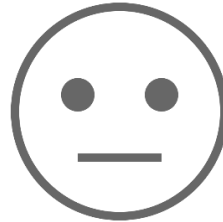
Last night my temperature was...  
(circle your answer)



really hot



good



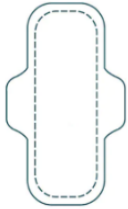
normal



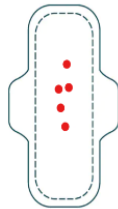
really cold



My pad looked like...  
(circle your answer)



no blood



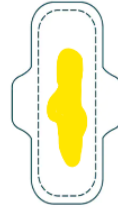
spotting



brown spotting



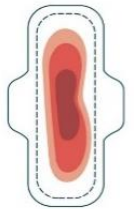
white discharge



yellow discharge



normal flow



heavy flow



Do you have any other symptoms?  
(circle **all** that apply)



hair loss



itchy skin



weight change



dizziness

Draw or write anything else you want to tell us about your menopause

(draw or write something here)

