



Women's Health Clinic

Thank you for making an appointment at our Menopause/Women's Health Clinic. We want you to get the most from your appointment and to do that we ask that you review the following websites, **and watch the videos on those websites**, in advance of your attendance. This will maximise the consultation benefits.

The following websites contain videos and information on perimenopause, HRT and Breast Cancer among a wide range of relevant topics. The questionnaire will help identify areas of concern, and reviewing the listed website may answer some of your questions in advance of the appointment and afford you more time to discuss issues personal to you.

<https://www.icgpnews.ie/menopause-patient-information>

www.balance-menopause.com

www.menopausematters.co.uk

www.womens-health-concern.org

We look forward to welcoming you in the surgery. If you have any questions in advance of your appointment, please call us on 016280654 or email info@themedicalcentre.ie

Menopause Symptom Assessment

In advance of your upcoming consultation please visit:

<https://www.icgpnews.ie/menopause-patient-information> , www.balance-menopause.com

www.menopausematters.co.uk, www.womens-health-concern.org

Please tick the appropriate box according to your symptoms;

0 – Not troubled at all **1** – Mildly troubled **2** – Moderately troubled **3** – Severely troubled

Are you currently on HRT? Yes or No.

Questions	Answers			
	0	1	2	3
General problems:				
Daytime sweats and flushes				
Night-time sweats and flushes				
Unable to sleep				
Headaches				
Tiredness				
Loss of energy				
General aches and pains				
General itchiness				
Formication (feeling of something crawling over you)				
Functional problems:				
Tearfulness				
Depression				
Feeling of unworthiness				
Irritability				
Anger				
Bitterness				
Panic Attacks				
Palpitations				
Aggression				
Bladder problems:				
Daytime frequency				
Urgency				
Urge incontinence (leakage if you do not get there in time)				
Stress incontinence (leakage if cough, sneeze or laugh)				
Night-time frequency				
Bed wetting				
Sexual problems:				
Vaginal dryness/soreness				
Vaginal itching				
Soreness/pain with intercourse				
Bleeding with intercourse				
Loss of libido (sex drive)				
Difficulty achieving orgasm				
Personality problems:				
Loss of memory				
Loss of concentration				
Inability to cope				
Feelings of personality disintegration				
Period problems:				
Periods much lighter				
Periods much heavier				
Irregular bleeding between periods				
New bleed over 1 year after periods have stopped				