SELF-ASSESSMENT SURVEY ON DISORDERS ASSOCIATED WITH THE PREMENSTRUAL CONDITION

The disorders associated with the premenstrual condition can negatively affect the quality of life; they are often underestimated or unidentified.

This self-assessment tool is designed to help you identify these disorders over time, aiming to better understand the wellness path to take.

Fill in the survey referring to complaints perceived **in the week preceding menstruation** for 3 consecutive periods, making a note of the reference dates.

ONCE COMPLETED, RETURN THE SURVEY TO THE DOCTOR FOR EVALUATION OF THE COMPLAINTS.

Give each disturbance a score from 0 to 3 depending on the perceived intensity:

0= no disturbance, 1= mild disturbance, 2= moderate disturbance, 3= severe disturbance.

DISTURBANCE:	CICLO 1	CICLO 2	CICLO 3
Headache		-	
Mood swings, irritability, sadness		-	
Anxiety, sleep disorders		-	
Difficulty in concentrating			
Decline in sexual desire			
Gastrointestinal disorders (constipation, intestinal gas)			
Increased appetite		-	
Weight gain, abdominal bloating)-()-	.)-	
Pelvic pain (lower abdominal cramps)		·	
Breast tension and pain			
Other useful information (indicate other disorders not listed, external events that could influence the premenstrual phase, other problems):			

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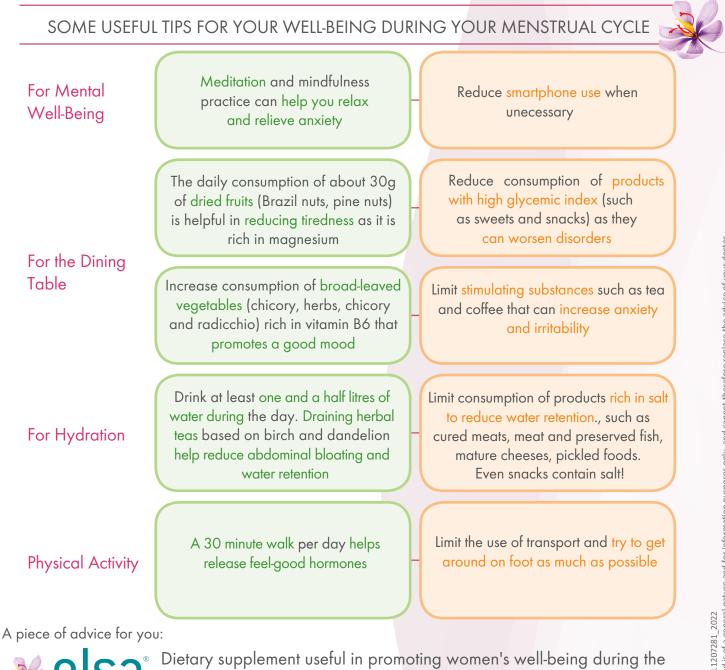
Download the survey and other useful information



If during your menstrual cycle, you experience any discomfort, we advise you to maintain a healthy lifestyle through proper nutrition and exercise.

If you have any disorders that may negatively affect your quality of life, interfere with your daily activities, as well as maintaining a healthy lifestyle, we suggest you follow up with a specialist examination and treatment that can improve your condition.

What is premenstrual syndrome (PMS)? PMS is a disabling and recurrent disorder of the luteal phase of the cycle that occurs during the 7-10 days prior to menstruation and usually ends a few hours after the onset of menstruation. APPROXIMATELY 20-50% OF WOMEN OF CHILDBEARING AGE SUFFER FROM IT.



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menstrual cycle

Ask your specialist

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