



Center for Health and Healing (920)445-7295

Midlife Health Hormonal Symptoms Screening Questionnaire

Over the <u>past 4 weeks</u> have you had any problems with:	None	Mild	Moderate	Severe	Comments
Weight gain - # of pounds: _____					
Sleep difficulties					
Fatigue/lack of energy					
Dry eyes					
Food cravings					
Abdominal bloating					
Incontinence (leaking urine)					
Vaginal dryness/pain					
Acne/dry or oily skin/wrinkles					
Swollen breasts					
Breast pain/tenderness					
Hot flashes					
Night sweats					
Decreased libido/interest in sex					
Increased facial hair					
Anxiety					
Depression					
Mood swings					
Irritability / anger					
Decreased concentration					
Memory problems					
Joint pain /stiffness					
Muscle pain or weakness					
Lack of knowledge related to healthy eating, exercise, stress management or what vitamins or supplements to take					

If you ranked any symptoms “moderate or severe” it would be wise to consider a Midlife appointment to further evaluate your health. Hormonal testing may be appropriate.

The Midlife Health Program offers women (ages 30 to 70!) the opportunity to learn new ways to feel their best. We invite you to take an integrative approach to ease your hormonal transition. Have your hormone levels tested to see if your hormones are balanced. If needed, you may be offered individualized dosed, bioidentical (natural) hormone replacement medication to ease your symptoms.

Testing is covered by most insurances including Medicare and offers a great way to begin to understand each woman’s unique hormone balance. Many other non-hormonal solutions are available to help you feel your best too. Your appointment is billed out as an acute care visit and no referral is needed. Please call for an appointment today to meet with Midlife Program Coordinator, Randi Burnham, Women’s Health Care Nurse Practitioner (920-445-7295).