



## Dysmenorrhea

Pain during menstruation, including in stomach, pelvic area, ranging from itching to intense pain

### Symptom Diary and reporting form (please save onto your device to enable completion and saving of the diary)

Please monitor for the symptoms in each category and select the frequency of occurrence

<b>Other changes in Uterine bleeding menstruation</b>		<b>Frequency of occurrence</b>
D1	Amenorrhea	
D2	Menorrhagia	
D3	Metrorrhagia	
D4	Menometrorrhagia	
D5	Oligomenorrhea	
D6	Post coital bleeding	
D7	Daily dysmenorrhea	

<b>Pain &amp; its location</b>		<b>Frequency of occurrence</b>
D8	Pelvic	
D9	Abdominal	
D10	Back	
D11	Joint	
D12	Bowel	
D13	Lower abdomen tenderness (also while rotating)	
D14	Muscle	
D15	When urinating	
D16	During sex	

<b>Energy and mobility</b>		<b>Frequency of occurrence</b>
D17	Fatigue	
D18	Muscle weakness	
D19	Exercise intolerance	
D20	Muscle wasting	
D21	Felling generally unwell	
D22	Muscle spasms	

<b>Dietary</b>		<b>Frequency of occurrence</b>
D23	Loss of appetite	
D24	Nausea	
D25	Vomiting	
D26	Weight gain	
D27	Painful bowel movements	
D28	Abdominal bloating or swelling	
D29	Constipation	
D30	Diarrhea	
D31	Urinary incontinence	
D32	Urinary retention	
D33	Weight loss	
D34	Severe weight loss	

<b>Skin</b>		<b>Frequency of occurrence</b>
D35	Acne	
D36	Thickened skin	
D37	Thinned skin	
D38	Skin ulcer	
D39	Change in skin colour	
D40	Veins visible on body	

<b>Hair</b>		<b>Frequency of occurrence</b>
D41	Hirsutism	

<b>Sensory</b>		<b>Frequency of occurrence</b>
D42	Headache (also severe)	
D43	Migraine	
D44	Sleep Apnea	
D45	Changes in facial structure	
D46	Changes in hand structure	
D47	Changes in foot structure	
D48	Joint swelling	

<b>Sensitive topics</b>		<b>Has it happened?</b>
D49	White, yellow or green vaginal discharge	
D50	Changes in fertility	
D51	Breasts have decreased in size	
D52	Lactation without being pregnant	
D53	Spontaneous abortion	
D54	Malodorous vaginal discharge	

<b>Other conditions</b>		<b>Have you been diagnosed with?</b>
D55	Heart disease	
D56	Diabetes	
D57	Osteoporosis	
D58	Osteoarthritis	

**To obtain an Ob/Gyn nurse assessment and recommendation of next steps,  
please insert your patient code in the box below before sending to us.**

**Please type in your patient code below**

**If you do not have a patient code used to keep your identity totally  
confidential, please register at the link below:**

**Get your patient code**

**How to send us your form**

**Whatsapp: 00 34 6 24 75 19 61**

**Email: [info@naijfem.com](mailto:info@naijfem.com)**

**Online: Please submit your form here**

**If you would like an Ob/Gyn Nurse assessment**

**The diary assessment costs 1,500 Naira**

**Payment should be made using Revolut, through our Revtag: @mirare\_tj\_96w3**

**Please indicate your patient code in the payment advice so we can track and  
confirm its reception**

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