



# Amenorrhea

Absence of menstruation for 3 or more consecutive months in someone who had regular periods

## 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>
A1	Menorrhagia	
A2	Metrorrhagia	
A3	Oligomenorrhea	
A4	Dysmenorrhea	

<b>Pain &amp; its location</b>		<b>Frequency of occurrence</b>
A5	Pelvic	
A6	Abdominal	
A7	Back	
A8	Joint	
A9	Muscle	
A10	When urinating	
A11	During sex	

<b>Energy and mobility</b>		<b>Frequency of occurrence</b>
A12	Fatigue	
A13	Muscle weakness	
A14	Exercise intolerance	
A15	Muscle wasting	
A16	Felling generally unwell	

<b>Dietary</b>		<b>Frequency of occurrence</b>
A17	Loss of appetite	
A18	Nausea	
A19	Vomiting	
A20	Weight gain	
A21	Obesity	
A22	Acid reflux	
A23	Abdominal bloating or swelling	
A24	Constipation	
A25	Diarrhea	
A26	Urinary incontinence	
A27	Urinary retention	
A28	Weight loss	
A29	Severe weight loss	

<b>Skin</b>		<b>Frequency of occurrence</b>
A30	Acne	
A31	Easy bruising	
A32	Poor wound healing	
A33	Dry skin	
A34	Thin skin	
A35	Skin ulcer	
A36	Change in skin colour	
A37	Weblike blood vessels	
A38	Skin ulcers	
A39	Red or purple spots	
A40	Vitiligo	

<b>Hair</b>		<b>Frequency of occurrence</b>
A41	Hirsutism	
A42	Loss of scalp hair	
A43	Bodywide hairloss	
A44	Sparse pubic hair	
A45	Sparse eyelashes	

<b>Mental Health</b>		<b>Frequency of occurrence</b>
A46	Insomnia	
A47	Anxiety	
A48	Depression	
A49	Memory loss or impairment	
A50	Panic attacks	
A51	Psychosis	
A52	Atypical behaviour	
A53	Dementia	

<b>Sensory</b>		<b>Frequency of occurrence</b>
A54	Headache (also severe)	
A55	Migraine	
A56	Blindness	
A57	Double vision	
A58	Progressive visual loss	
A59	Decrease in visual field	
A60	Changes in vision: blurred	
A61	Changes in vision: impaired	

<b>Sensitive topics</b>		<b>Has it happened?</b>
A62	Decreased libido	
A63	Changes in fertility	
A64	Breasts have decreased in size	
A65	Lactation without being pregnant	
A66	Spontaneous abortion	
A67	Premature ovarian insufficiency	

Other conditions		Have you been diagnosed with?
A68	Heart disease	
A69	Diabetes	
A70	Osteoporosis	
A71	Osteopenia	
A72	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**

**Online: upload and submit your form here**

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

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

**Payment should 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**

**Know more about why we use Revolut and getting your own Revolut account**