



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

Other changes in Uterine bleeding menstruation		Frequency of occurrence
A1	Menorrhagia	
A2	Metrorrhagia	
A3	Oligomenorrhea	
A4	Dysmenorrhea	

Pain & its location		Frequency of occurrence
A5	Pelvic	
A6	Abdominal	
A7	Back	
A8	Joint	
A9	Muscle	
A10	When urinating	
A11	During sex	

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

Dietary		Frequency of occurrence
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	

Skin		Frequency of occurrence
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	

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

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

Sensory		Frequency of occurrence
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	

Sensitive topics		Has it happened?
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

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