



Women's Health Consultation

Intake Forms

What's Included:

- 1. Menopause Health** Questionnaire
- 2. Burnout** Quiz
- 3. Calcium** Calculator

We look forward to meeting with you soon! Prior to your consultation, please complete the 3 forms on the following pages.

Then save this file & return it by email to:

consultations@brantarts.ca

Thank You!

– Brant Arts Women's Health Team



Menopause Health Questionnaire

Menopause is a normal event in a woman's life and is marked by the end of menstrual periods. Usually during the 40s, a gradual process leading to menopause begins. This is called the menopause transition or perimenopause. Changes in the pattern of menstrual periods are very common during this stage. Sometimes a woman can have other symptoms too, and these symptoms may extend beyond menopause. Even if a woman has no symptoms, it's important for her to understand the effects of menopause on her health.

This questionnaire is intended to help you inform your healthcare provider about your menopause experience and your general health. Working together, you can develop a plan to support your health, not only now but also in years to come. If you feel uncomfortable answering any of the questions on this form, you may wait and discuss them with your healthcare provider.

Section 1. PERSONAL INFORMATION

| | | | | | |
|---|--|--|--------------------------|--|---------------|
| Date: | | | | | |
| Name: | | | | | |
| Address: | | | | | |
| Telephone number (home): | | | Telephone number (work): | | |
| Telephone number (cell): | | | Birth date: | | Age: |
| Ethnic/cultural background (please check what applies to you): | | | | | |
| <input type="checkbox"/> Caucasian <input type="checkbox"/> Black <input type="checkbox"/> Asian <input type="checkbox"/> Native American <input type="checkbox"/> Biracial <input type="checkbox"/> Hispanic/Latina <input type="checkbox"/> Other (please specify) | | | | | |
| Marital status: Single Married Divorced Widowed Committed relationship | | | | | |
| Name of primary support person: | | | | | |
| Relationship: | | | | | |
| Primary support person telephone number: | | | | | |
| Employment status: Unemployed Employed Retired Disabled | | | | | |
| If employed, occupation: | | | | | |
| Are you on medical leave: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, why? | | | | | For how long? |
| Who is your primary healthcare provider? | | | | | |
| Address: | | | Telephone number: | | |

Section 2. TODAY'S OFFICE VISIT

| |
|---|
| Why are you here today? |
| What are your main concerns or questions you would like to have answered during your visit? |
| Who referred you? |

Section 6. GYNECOLOGIC HISTORY

How would you describe your current menstrual status?

- Premenopause (before menopause; having regular periods)
- Perimenopause/menopause transition (changes in periods, but have not gone 12 months in a row without a period)
- Postmenopause (after menopause)

Was your menopause:

- Spontaneous (“natural”)
- Surgical (removal of both ovaries)
- Due to chemotherapy or radiation therapy; reason for therapy: _____
- Other (explain): _____

Age at first menstrual period: _____

Are your periods (or were your periods) usually regular?..... Yes No

Do you have a uterus?..... Yes No Don't know

Do you have both ovaries?..... Yes No Don't know

Do you have a cervix?..... Yes No Don't know

If not still having periods, what was your age when you had your last period? _____

If still having periods, how often do they occur? _____

How many days does your period last? _____

Are your periods painful? Yes No If yes, how painful? Mild Moderate Severe

Do you have spotting or bleeding between periods?..... Yes No

Is there a recent change in how often you have periods?..... Yes No

Is there a recent change in how many days you bleed? Yes No

Has your period recently become very heavy?..... Yes No

Do you think you have a problem with your period?..... Yes No

If yes, explain: _____

Do you have any problems with PMS? (PMS is having mood swings, bloating, headaches just prior to your period) Yes No

Do you examine your breasts? Yes No If yes, how often? _____

Did your mother take DES when she was pregnant with you? Yes No Don't know

Do you douche?..... Yes No If yes, how often? _____

What is the date and results (if known) of your last test regarding:

Pap smear: _____ Any abnormal Pap tests? Yes No If yes, when? _____

Mammogram: _____ Any breast biopsies? Yes No If yes, when? _____

Thyroid: _____ Any abnormal thyroid tests? Yes No If yes, when? _____

Cholesterol test: _____ Colonoscopy: _____

Blood sugar test: _____ Sigmoidoscopy: _____

Fecal occult blood test: _____ Bone density test: _____

Section 10. MEDICATION HISTORY

Are you currently using hormone therapy for menopause? Yes No

If no, why not?

If yes, for what reasons?

Please indicate the medications and supplements (such as vitamins, calcium, herbs, soy) you are currently using. Include prescription drugs and those purchased without a prescription. Also include all hormone therapy you have used in the past (examples include contraceptives, thyroid hormones, and hormone therapy for menopause).

| Medication/ Supplement | Dose | Frequency | Date Started | Date Stopped | Why Stopped |
|---------------------------|------|-----------|-----------------|-----------------|-------------|
| | | | | | |
| | | | | | |
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| | | | | | |
| | | | | | |

Have you used any other therapy for menopause (such as acupuncture or yoga)?

Yes No If yes, please indicate:

Of these, what are you currently using?

Is this therapy helpful? Yes No

Section 11. FAMILY HISTORY

Please list family member (ie, mother, father, sister, brother, grandparent, aunt, uncle) who currently has or once had the following:

| | |
|--------------------------------------|---------------------------------|
| High blood pressure: _____ | Colorectal cancer: _____ |
| Heart attack (indicate age): _____ | Ovarian cancer: _____ |
| Stroke (indicate age): _____ | Other cancer: _____ |
| Blood problems _____ | Depression: _____ |
| (including sickle cell trait): _____ | Other emotional problems: _____ |
| Blood clots: _____ | Alzheimer's disease: _____ |
| Bleeding tendency: _____ | Domestic violence victim: _____ |
| Glaucoma: _____ | Domestic violence person: _____ |
| Osteoporosis: _____ | Sexual abuse victim: _____ |
| Hip fracture: _____ | Sexual abuse person: _____ |
| Diabetes: _____ | Alcoholism: _____ |
| Breast cancer (indicate age): _____ | Drug abuse: _____ |

Is there anything about your family's health history that concerns you, or that you would like to discuss?

Yes No If yes, what?

Section 12. PERSONAL HABITS

Do you consider your health to be: Excellent Good Fair Poor

Exercise

How often do you exercise? Almost daily At least 3x/week Occasionally Rarely Never

If you exercise, what do you do? _____

For how long and how often? _____

Diet

How many meals do you consume each day? _____

Do you try to eat a special diet? Low-fat Low carbohydrate High protein Vegetarian

What dairy products do you consume each day?

Milk How much? _____ Yogurt How much? _____

Cheese How much? _____ Other _____

Are you lactose intolerant (diarrhea or gastrointestinal/GI upset after dairy products)? Yes No

How many servings of fruits do you consume each day? _____

How many servings of vegetables do you consume each day? _____

How many servings of soy foods do you consume each week? _____

How many servings of fish do you consume each week? _____

Tobacco use

Do you currently smoke cigarettes? Yes No

If yes, how many per day? _____ When did you start? _____

How do you feel about quitting smoking? _____

If you do not currently smoke cigarettes, have you ever smoked? Yes No

If yes, when did you start? _____ How many per day? _____ When did you stop? _____

Do you use any other type of tobacco? Yes No If yes, what? _____

Caffeine use

Do you consume drinks with caffeine (coffee, tea, soda drinks)? Yes No

If yes, how many drinks each day? _____

Alcohol and drug use

Do you drink alcohol?..... Yes No

If yes, how many drinks do you have each week? _____

Do you ever have a drink in the morning to get you going?..... Yes No

Have you ever tried to cut down on your drinking?..... Yes No

Have you ever felt guilty about the amount you drink?..... Yes No

Have you ever been an alcoholic?..... Yes No

Do you use illegal drugs?..... Yes No

Abuse

Within the last year, have you been hit, slapped, kicked,
or physically hurt by someone?..... Yes No

Within the last year, has anyone ever forced you to
have sexual activities? Yes No

Do you feel you are verbally or emotionally abused by someone? Yes No

Have you had counseling for these issues?..... Yes No

Stress management

What are the current major stressors or life changes in your life?

Any major changes in the family health during the past year? Yes No

If yes, explain:

How do you handle stress? Very well Moderately well Poorly

What do you do to relax?

Section 13. SYMPTOMS

Please indicate how bothered you are now and in the past few weeks by any of the following:

| | Not at all | A little bit | Quite a bit | Extremely |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| I have hot flashes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have night sweats | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty getting to sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty staying asleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get heart palpitations or a sensation of butterflies in my chest or stomach | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel like my skin is crawling or itching | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel more tired than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty concentrating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My memory is poor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am more irritable than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel more anxious than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have more depressed moods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am having mood swings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have crying spells | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have headaches | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I need to urinate more often than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I leak urine | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have pain or burning when urinating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have bladder infections | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have uncontrollable loss of stool or gas | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My vagina is dry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have vaginal itching | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have an abnormal vaginal discharge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have vaginal infections | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have pain during intercourse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have pain inside during intercourse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have bleeding after intercourse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I lack desire or interest in sexual activity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty achieving orgasm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My opportunity for sexual activity is limited | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My stomach feels like it's bloated or I've gained weight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have breast tenderness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have joint pains | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Section 14. ABOUT MENOPAUSE AND HORMONE THERAPY

How do you view menopause?

- Positively.** For example, menopause means no more periods and no more worry about contraception. Menopause marks a new life phase.
- Negatively.** For example, menopause means a loss of fertility and loss of youth.
- Other:

What concerns you about menopause?

What are your current views regarding hormone therapy for menopause?

- Positive. Hormone therapy is appropriate for some women.
- Negative. I don't support the use of hormone therapy.

What concerns you most about hormone therapy for menopause?

How would you rate your knowledge about menopause?

- Very good
- Fair
- Moderately good
- Little knowledge

How do you get your information about menopause? (Mark all that apply.)

- Books
- Internet
- Magazines
- Friends
- TV
- Healthcare providers

Is there anything else you would like your healthcare provider to know?

Thank you! Please note that the information you have provided will be held in the strictest confidence.

The North American Menopause Society has provided this form as a service to the healthcare community based on the best understanding of the science related to menopause at the time of publication, but the form should be used with the clear understanding that continued research may result in new knowledge and recommendations. This form is provided only as a diagnostic assist to practitioners making clinical decisions regarding the health of women in their care. Its contents provide guidance and, as such, it cannot substitute for the individual judgment brought to each clinical situation by the caregiver with respect to any additional data that may be required in order to make appropriate clinical decisions. The North American Menopause Society is not responsible nor liable for any advice, diagnosis, course of treatment, or drug or device application based on the healthcare provider's use of this form.

Burnout Quiz

This questionnaire, designed by Dr. Freudenberger, will help you determine if you have symptoms of a syndrome popularly known as "burnout". Burnout refers specifically to a type of Adrenal Fatigue brought about by lifestyle factors such as working too hard or juggling too many activities. After you have taken this test, it might be interesting to compare your score with your scores on the Adrenal Fatigue Questionnaire in the book *Adrenal Fatigue: The 21st Century Stress Syndrome* by Dr. James L. Wilson.

| Give each question a value ranging from 0-5 with "0" representing not being true for you and "5" describing you very well: | |
|--|--|
| Do you tire more easily? | |
| Do you feel fatigued rather than energetic | |
| Are people annoying you by telling you "you don't look so good lately"? | |
| Are you working harder & harder but accomplishing less? | |
| Are you increasingly cynical and disenchanted? | |
| Do you often experience unexplained sadness? | |
| Are you forgetting appointments, deadlines or personal possessions more frequently? | |
| Have you become more irritable? | |
| Are you more short-tempered? | |
| Are you more disappointed with people around you? | |
| Are you seeing family members and close friends less frequently? | |
| Are you too busy to do even routine things like make phone calls or read reports or send cards to friends? | |
| Are you experiencing increased physical complaints (aches, pains, headaches, lingering colds)? | |
| Is joy elusive? | |
| Are you unable to laugh at a joke about yourself? | |
| Does sex seem like more trouble than it's worth? | |
| Do you have very little to say to people? | |
| TOTAL | |

Your Score for the Test is: _____

(total from last page)

The interpretation is as follows:

| | |
|----------------|----------------------------------|
| 0-25 | You are doing fine. |
| 26-35 | Your stress is starting to show. |
| 36-50 | You are a candidate for burnout. |
| 51-65 | You are burning out. |
| over 65 | You are in a dangerous place. |

Calcium Calculator

Do you get enough calcium from the food you eat?

Because dairy products are one of the most calcium-rich food sources, it may be challenging for vegans or individuals with lactose intolerance to obtain appropriate amounts of calcium through their diet. These individuals are advised to monitor their calcium intake very carefully and to consider a calcium supplement to meet their daily requirements.

Directions: What did you eat? **Fill in the blanks and enter the number of servings for each of the calcium-rich foods that you ate yesterday.** Then, total how many milligrams of Calcium were in the food you ate by multiplying the number of servings by the number beside each blank. At the end, total the last column to find out how much calcium you consumed during the day.

| Calcium Rich Foods | Usual Serving Size | Number of Servings | Total mgs of Calcium |
|---|--------------------|--------------------|----------------------|
| Milk & Milk Products | | | |
| Milk (skim, 1%, 2%, whole or chocolate) | 1 cup / 250 mL | _____ x 300 | = |
| Buttermilk | 1 cup / 250 mL | _____ x 285 | = |
| Cheese - Mozzarella | 1 ¼ " / 3 cm cube | _____ x 200 | = |
| Cheese - Cheddar, Edam, Gouda | 1 ¼ " / 3 cm cube | _____ x 245 | = |
| Yogurt - plain | ¾ cup / 175 mL | _____ x 295 | = |
| Milk - powder, dry | ⅓ cup / 75 mL | _____ x 270 | = |
| Ice Cream | ½ cup / 125 mL | _____ x 80 | = |
| Cottage Cheese - 2%, 1% | ½ cup / 125 mL | _____ x 75 | = |
| Fish and Other Foods | | | |
| Sardines, with bones | ½ can / 55 g | _____ x 200 | = |
| Salmon, with bones - canned | ½ can / 105 g | _____ x 240 | = |
| Fortified rice or soy beverage | 1 cup / 250 mL | _____ x 300 | = |
| Fortified orange juice | 1 cup / 250 mL | _____ x 300 | = |
| Molasses, blackstrap | 1 tbsp / 15 mL | _____ x 180 | = |
| Sesame seeds | ½ cup / 125 mL | _____ x 95 | = |
| Beans, baked | ½ cup / 125 mL | _____ x 75 | = |
| Beans - cooked (kidney, lima) | 1 cup / 250 mL | _____ x 50 | = |
| Soybeans - cooked | 1 cup / 250 mL | _____ x 170 | = |
| Taco | 1 small | _____ x 221 | = |
| Tofu - with calcium sulfate | 3 oz / 84 g | _____ x 130 | = |
| Breads and Cereals | | | |
| Muffin - bran (homemade with milk) | 1 medium | _____ x 84 | = |
| Bread - whole wheat | 2 slices | _____ x 40 | = |
| Instant oatmeal, calcium added | 1 pouch / 32 g | _____ x 150 | = |

| Fruits and Vegetables | | | |
|---|----------------|-------------|---|
| Broccoli - cooked | ¾ cup / 185 mL | _____ x 50 | = |
| Orange | 1 medium | _____ x 50 | = |
| Banana | 1 medium | _____ x 10 | = |
| Bok Choy | ½ cup / 125 mL | _____ x 75 | = |
| Figs - dried | 10 | _____ x 150 | = |
| Combination Dishes | | | |
| Lasagna - homemade | 1 cup / 250 ml | _____ x 285 | = |
| Soup made with milk, such as cream of chicken, mushroom or celery | 1 cup / 250 ml | _____ x 175 | = |
| TOTAL | | | = |

Recommended Calcium Level by Age Group:

- Ages 4 – 8 : **800 mgs**
- Ages 9 – 18 : **1300 mgs**
- Ages 19 – 50: **1000 mgs**
- Ages 50 +: **1200 mgs**
- Pregnant or Lactating Women Ages 18+: **1000 mgs**

For Pharmacist to Complete:

Calcium Intake: Recommended Level Moderate Low

A complete copy of the Calcium Calculator as well as additional information on Osteoporosis can be found at www.osteoporosis.ca.

You're Done!

Thank you for completing the 3 intake forms.

Please save this file &
return it by email to:
consultations@brantarts.ca

Questions?

Email: consultations@brantarts.ca

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