

# How Are Your Periods Treating You?

Periods vary from woman to woman, and they can change over time.

For some women they're easy to deal with and don't cause any problems in their day-to-day lives. And for others they completely disrupt their lives every single month. While heavy periods are normal, their effects can be terrible.

We'd like to talk to you about your periods and make sure that your quality of life is the best it can be.

Please answer the questions below and show this form to your doctor.

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Do you schedule your social life around your period?

**YES**  **NO**

Do you worry about breakthrough bleeding?

**YES**  **NO**

Does your period cause you to feel exhausted, sad or irritable?

**YES**  **NO**

Does your period affect your relationships with family and friends?

**YES**  **NO**

In your own words, describe how you feel when you have your period.

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Thank you!

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