

# eWellness Questionnaire

Helping you one question at a time!

## PMS / IRREGULAR PERIODS

Name: First Name MI Last Name	Date of Birth:
	Patient Code:

Please do not select anything if the answer is no or negative.  
Select Rarely 'R' if this is an uncommon event or symptom.  
Select Frequent 'F' if this is a common event or symptom.  
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

### Section 1

- |   |                                   |
|---|-----------------------------------|
| 1. R F A Consume breads / pastas / starches | 3. R F A Nervousness or irritable |
| 2. R F A Yeast / Fungal problems            |                                   |

### Section 2

- |   |   |
|---|---|
| 4. R F A Alcohol socially                   | 11. R F A Drink cow's milk              |
| 5. R F A Alcohol use extensively            | 12. R F A Consume white sugar           |
| 6. R F A Drink coffee / soda / ice tea      | 13. R F A Consume refined carbs         |
| 7. R F A Smoke or use tobacco               | 14. R F A Consume wheat or gluten       |
| 8. R F A Eat fast food                      | 15. R F A Consume artificial flavorings |
| 9. R F A Eat pre processed / packaged foods | 16. R F A Very little exercise          |
| 10. R F A Consume sweets                    | 17. R F A Family or financial stressors |

### Section 3

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|---------------------|----------------|
| 18. R F A Oily skin | 19. R F A Acne |
|---------------------|----------------|

### Section 4

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|--|-------------------------------------|
| 20. R F A Difficulty going to sleeping | 27. R F A Too much stress / tension |
| 21. R F A Difficulty staying asleep    | 28. R F A Heat / cold intolerance   |
| 22. R F A Hungry all the time          | 29. R F A Early aging               |
| 23. R F A Can't loose weight           | 30. R F A Trouble sweating          |
| 24. R F A Slow metabolism              | 31. R F A Fatigued or tired         |
| 25. R F A Overweight                   | 32. R F A Unexplained swellings     |
| 26. R F A Thyroid problems             | 33. R F A Thyroid medication        |

### Section 5

- |                                     |   |
|-------------------------------------|---|
| 34. R F A Pre-menopausal            | 45. R F A Fertility concerns            |
| 35. R F A Peri-menopausal           | 46. R F A Increase in urination         |
| 36. R F A Suffer from PMS           | 47. R F A Pelvic pain or cramping       |
| 37. R F A Breast tenderness         | 48. R F A Mood swings                   |
| 38. R F A Vaginal discharge         | 49. R F A Bouts of depression           |
| 39. R F A Vaginal dryness           | 50. R F A Hot flashes / sweats          |
| 40. R F A Birth control             | 51. R F A Thinning hair or brittle hair |
| 41. R F A Irregular periods         | 52. R F A Sexually transmitted diseases |
| 42. R F A Excessive period bleeding | 53. R F A Decrease in sex drive         |
| 43. R F A Ovarian cysts             | 54. R F A Pain with sex                 |
| 44. R F A Fibrocystic breasts       | 55. R F A Hormone replacement           |

### Section 6

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| 56. R F A Slow or fast heart beats at rest |
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### Section 7

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|---|
| 57. R F A Poor circulation in your feet |
|---|

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Section 8			
58. R F A	Abdominal cramps or pain	60. R F A	Laxitives
59. R F A	Constipation		
Section 9			
61. R F A	History of urinary tract infections	64. R F A	Over-active bladder
62. R F A	Blood in your urine	65. R F A	Urinary urgency
63. R F A	Urinary discharge (abnormal)	66. R F A	Urinary hessitancy
Section 10			
67. R F A	Headaches or migraines	70. R F A	Chronic fatigue syndrome
68. R F A	Stiffness or muscle spasms	71. R F A	Back pain or neck pain
69. R F A	Fibromyalgia	72. R F A	Muscle relaxors
Section 11			
73. R F A	Anti-depressants	75. R F A	Brain fog - lack of concentration
74. R F A	Pain medications		
Section 12			
76. R F A	Anxiety / anxiousness	78. R F A	Feelings of worthlessness
77. R F A	Problems relaxing		
Section 13			
79. R F A	Allergies		
Section 14			
80. R F A	Sick more often	81. R F A	Swollen glands
Section 15			
82. R F A	Cholesterol problems	83. R F A	Cholesterol medication