core healing llc
ryan marshall
M.A.T.C.M., Dipl.A.c, L.A.c

Reproductive, Hormonal Systems

_____
Your first initial and last name

_____
Today's date

For Women:

How old were you during your first menstrual period? _____

Do you currently have regular mentrual periods? ☐ Yes ☐ No When was your last period? _____

If no, when and why did menstruation end? _____

If you are currently having menstrual periods

Is your cycle regular? ☐ Yes ☐ No Typical number of days/weeks in your cycle _____

Do you have menstrual clots? ☐ Yes ☐ No Do you have pain during your cycle? ☐ Yes ☐ No

Is the color of your flow:
- ☐ pale red
- ☐ dark red
- ☐ bright red
- ☐ purplish

Is the amount of the flow:
- ☐ light
- ☐ moderate
- ☐ heavy
- ☐ extremely heavy

Is your cycle pain:
- ☐ before flow
- ☐ during flow
- ☐ after flow

Pain location: _____

If pain, is it relieved by
- ☐ heat?
- ☐ cold?
- ☐ pressure?

If pain, is it aggravated by
- ☐ heat?
- ☐ cold?
- ☐ pressure?

The pain is
- ☐ dull ☐ sharp, stabbing
- ☐ a burning sensation
- ☐ a bearing down sensation

Do you have bleeding between periods? ☐ Yes ☐ No Have you had any C-sections? ☐ Yes ☐ No

Do you currently use birth control? ☐ Yes ☐ No Recurring yeast infections? ☐ Yes ☐ No

If yes, what type of birth control? _____

How many children? _____ How many pregnancies? _____

Have you had a hysterectomy? ☐ Yes ☐ No ☐ Total ☐ Partial

History of abnormal PAP smears? ☐ Yes ☐ No If yes, please explain: _____

Do you experience specific emotions around your period?

☐ depression ☐ sadness ☐ anger ☐ irritability ☐ other: _____

Other hormonal symptoms experienced:
- ☐ symptoms occur in a monthly pattern
- ☐ diminished or increased sexual desire
- ☐ painful intercourse or orgasm difficulty
- ☐ pain, discomfort or itching in genital area
- ☐ vaginal discharges
- ☐ PID (Pelvic Inflammatory Disease)
- ☐ inability to conceive
- ☐ other: _____
- ☐ hot flashes
- ☐ fibroids
- ☐ ovarian cysts

For Men:

- ☐ diminished sex drive
- ☐ diminished mood, energy, motivation
- ☐ decreased muscle mass, increased body fat
- ☐ erectile dysfunction
- ☐ prostate problems
- ☐ sores or rashes in genital area
- ☐ pain, lump, or mass in testicle
- ☐ discharge from penis
- ☐ infertility
- ☐ hernia

Other: _____