Fortune Fertility & Acupuncture Center
2007 Village Run Rd., Wexford, PA 15090
www.FortuneFertility.com
(724) 799-8393

	Yes	No	Don't Know
Do you have lower back soreness, or knee problems?	☐	☐	☐
Do you have ear ringing or dizziness?	☐	☐	☐
Is your hair gray prematurely?	☐	☐	☐
Do you have vaginal dryness?	☐	☐	☐
Is your midcycle fertile cervical mucus scanty or missing?	☐	☐	☐
Do you have dark circles around or under your eyes?	☐	☐	☐
Do you have night sweats?	☐	☐	☐
Do you have hot flashes?	☐	☐	☐
Would you describe yourself as afraid a lot?	☐	☐	☐
Do you have lower back pain premenstrually?	☐	☐	☐
Is your low back sore or weak?	☐	☐	☐
Are your feet cold, especially at night?	☐	☐	☐
Are you typically colder than those around you?	☐	☐	☐
Is your sexual desire low?	☐	☐	☐
Are you often fearful?	☐	☐	☐
Do you wake up at night or early in the morning to urinate?	☐	☐	☐
Do you urinate frequently, and is the urine diluted and/or profuse?	☐	☐	☐
Do you have early morning loose, urgent stools?	☐	☐	☐
Do you have profuse vaginal discharge?	☐	☐	☐
Does your menstrual blood tend to be dull in color?	☐	☐	☐
Do you feel cold cramps during your period that respond to a heating pad?	☐	☐	☐
Do you often have fatigue?	☐	☐	☐
Do you have poor appetite?	☐	☐	☐
Do you have lower energy after a meal?	☐	☐	☐
Do you feel bloated after eating?	☐	☐	☐
Do you crave sweets?	☐	☐	☐
Do you have loose stools, abdominal pain, or digestive problems?	☐	☐	☐
Do you have cold hands and feet?	☐	☐	☐
Is your nose cold?	☐	☐	☐
Are you prone to feeling heavy or sluggish?	☐	☐	☐
Are you prone to feeling heaviness or grogginess in the head?	☐	☐	☐
Do you bruise easily?	☐	☐	☐
Do you think you have poor circulation?	☐	☐	☐
Do you have varicose veins?	☐	☐	☐
Are you lacking strength in your arms and legs?	☐	☐	☐
Are you lacking in exercise?	☐	☐	☐
Are you prone to worry?	☐	☐	☐
Have you been diagnosed with low blood pressure?	☐	☐	☐
Do you sweat a lot without exerting yourself?	☐	☐	☐
Do you feel dizzy or light-headed, or have visual changes when you stand up fast?	☐	☐	☐
Is your menstrual blood thin, watery, profuse, or pinkish in color?	☐	☐	☐
Are you more tired around ovulation or menstruation?	☐	☐	☐
Do you ever spot a few days or more before your period comes?	☐	☐	☐

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	Yes	No	Don't Know
Have you ever been diagnosed with uterine prolapse?	☐	☐	☐
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?	☐	☐	☐
Are you often sick, or do you have allergies?	☐	☐	☐
Have you been diagnosed with hypothyroid or anemia?	☐	☐	☐
Do you have hemorrhoids or polyps?	☐	☐	☐
Do you have a pale, yellowish complexion?	☐	☐	☐
Are your menses scanty and/or late?	☐	☐	☐
Do you have dry, flaky skin?	☐	☐	☐
Are you prone to getting chapped lips?	☐	☐	☐
Are your fingernails or toenails brittle?	☐	☐	☐
Are you losing hairs on your head (not in patches, but all over)?	☐	☐	☐
Is your hair brittle or dry?	☐	☐	☐
Do you have diminished nighttime vision?	☐	☐	☐
Do you get dizzy or light-headed around your period?	☐	☐	☐
Are your lips, the inner side of your lower eyelids, or tongue pale in color?	☐	☐	☐
Is your menstrual flow ever brown or black in color?	☐	☐	☐
Do you feel midcycle pain around your ovaries?	☐	☐	☐
Do you have painful, unmovable breast lumps?	☐	☐	☐
Do you experience periodic numbness of your hands and feet (especially at night)?	☐	☐	☐
Do you have varicose or spider veins?	☐	☐	☐
Do you have chronic hemorrhoids?	☐	☐	☐
Does your menstrual blood contain clots?	☐	☐	☐
Have you been diagnosed with endometriosis or uterine fibroids?	☐	☐	☐
Is your lower abdomen tender to palpation (resisting touch)?	☐	☐	☐
Can you feel any abdominal lumps in your lower abdomen?	☐	☐	☐
Do you have piercing or stabbing menstrual cramps?	☐	☐	☐
Do you have dark spots in your eyes?	☐	☐	☐
Have you been diagnosed with any vascular abnormality or blood clotting disorder?	☐	☐	☐
Are you prone to emotional depression?	☐	☐	☐
Are you prone to anger and/or rage?	☐	☐	☐
Do you become irritable premenstrually?	☐	☐	☐
Do you feel bloated or irritable around ovulation?	☐	☐	☐
Are your breasts sensitive/sore at ovulation?	☐	☐	☐
Do you experience nipple pain or discharge from your nipples?	☐	☐	☐
Do you have a lot of premenstrual breast distension or pain?	☐	☐	☐
Have you been diagnosed with elevated prolactin levels?	☐	☐	☐
Do you become bloated premenstrually?	☐	☐	☐
Do you have difficulty falling asleep at night?	☐	☐	☐
Do you experience heartburn or wake up with a bitter taste in your mouth?	☐	☐	☐
Are your menses painful?	☐	☐	☐
Do your feel your menstrual cramps in the external genital area?	☐	☐	☐
Is the menstrual blood thick and dark, or purplish in color?	☐	☐	☐

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	Yes	No	Don't Know
Do you wake up early in the morning and trouble getting back to sleep?	☐	☐	☐
Do you have heart palpitations, especially when anxious?	☐	☐	☐
Do you have nightmares?	☐	☐	☐
Do you seem low in spirit or lacking in vitality?	☐	☐	☐
Are you prone to agitation or extreme restlessness?	☐	☐	☐
Do you fidget?	☐	☐	☐
Do you sweat excessively, especially on your chest?	☐	☐	☐
Are your mouth and throat usually dry?	☐	☐	☐
Are you thirsty for cold drinks most of the time?	☐	☐	☐
Do you often feel warmer than those around you?	☐	☐	☐
Do you wake up sweating or have hot flashes?	☐	☐	☐
Do you break out with red acne (especially premenstrually)?	☐	☐	☐
Do you have a short menstrual cycle?	☐	☐	☐
Do you have vaginal irritation or rashes?	☐	☐	☐
Do you feel tired and sluggish after a meal?	☐	☐	☐
Do you have fibrocystic breasts?	☐	☐	☐
Do you have cystic or postular acne?	☐	☐	☐
Do you have urgent, bright, or foul-smelling stools?	☐	☐	☐
Does your menstrual blood contain stringy tissue or mucus?	☐	☐	☐
Are you prone to yeast infection and vaginal itching?	☐	☐	☐
Do your joints ache, especially with movement?	☐	☐	☐
Are you overweight?	☐	☐	☐
Do you have foul-smelling, yellow, or greenish vaginal discharge?	☐	☐	☐
Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase?	☐	☐	☐
Does your lower abdomen feel cooler to the touch than the rest of your trunk?	☐	☐	☐

Please describe any symptoms you have that are not listed above.