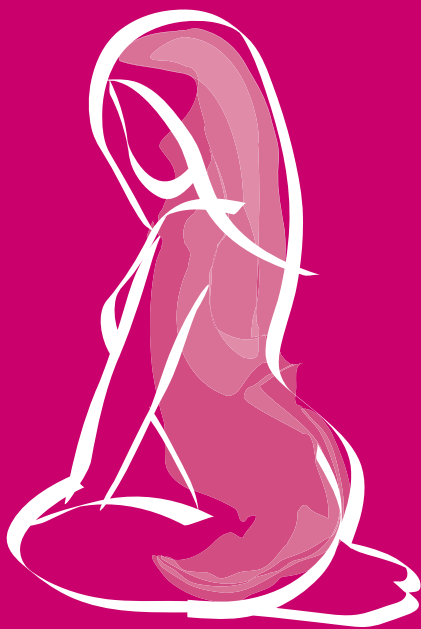


# menopause

SYMPTOM CHECKER



## Is it Menopause?

Many women do not know if they are experiencing menopause. In fact, some women even think that severe menopause symptoms are normal. As a result, they take no action and go through unnecessary discomfort.

The good news is, most women go through menopause well without much symptoms. Other women who experience menopause symptoms can find relief by adopting lifestyle changes and by taking safe and natural treatments. The following questions have been designed to help you determine whether you are experiencing menopause. If you suspect that you are going through menopause, take this symptom checker to your healthcare professional to confirm the diagnosis, and get further advice.

1. How old are you? \_\_\_\_\_
2. Have you experienced any changes to your menstruation cycle such as
  - become less predictable or less frequent? Yes/No
  - become lighter? Yes/No
  - stopped menstruating for 12 consecutive months? Yes/No

If no, you may want to read through this menopause symptom checker to familiarize yourself with some of the common symptoms that may occur when a woman is approaching menopause.

If you are between age 40 and 60 and have answered “yes” to at least one of the questions above, you may be experiencing menopause and may want to go through this



One of the first signs of imminent menopause is irregular periods. However, always consult a healthcare professional to confirm that the changes you are experiencing are not due to other medical conditions, but related to menopause.

menopause symptom checker. However, if you are either under 40 or above 60, and are experiencing some of the symptoms listed here, you may want to seek a doctor's advice, as they may not be related to menopause.

A set of questions is listed below to help you determine how you would rate your experience with various menopause symptoms.

0 – **None**

1 – **Mild:** A small problem and doesn't bother you very much

2 – **Moderate:** A mid-level problem that affects you occasionally

3 – **Severe:** A real problem that happens quite often

4 – **Very severe:** A terrible problem that you can barely deal with

Fill in scores  
(0 to 4)

Do you experience any hot flashes? \_\_\_\_\_

Do you experience any heart palpitations and anxiety? \_\_\_\_\_

Are you bothered by vaginal dryness? \_\_\_\_\_

Do you experience any bladder problems? \_\_\_\_\_

Do you experience any loss of libido? \_\_\_\_\_

Do you seem to go through any mood swings and get easily irritated? \_\_\_\_\_

Do you feel very tired and have low levels of energy? \_\_\_\_\_

Do you feel you are getting more forgetful? \_\_\_\_\_

Do you wake up in the middle of the night and have problems trying to sleep because of hot flashes or night sweats? \_\_\_\_\_

Have you experienced any weight gain? \_\_\_\_\_

Have you experienced any skin changes? \_\_\_\_\_

**Total:** \_\_\_\_\_

Add up the scores and compare your scores on the next page.

## Guide

- 0-5** You may be experiencing the start of perimenopause. This refers to two to eight years of fluctuating hormones and related symptoms leading up to menopause. You should prepare for menopause by adopting a healthy lifestyle and understanding how these symptoms can be managed.
- 6-15** You may be experiencing symptoms associated with menopause transition. Your menstruation may have become more irregular or ceased. However, menopause symptoms do continue to be present in some women and these symptoms may cause discomfort. If you are uncertain, consult your healthcare professional to confirm that your symptoms are due to menopause. Natural products for menopause management made from botanical extracts are available.
- 16-44** You may be experiencing very severe symptoms that can be remedied. Consult a healthcare professional immediately to rule out other conditions, and to confirm whether your symptoms are due to menopause. Natural products can help in the management of menopausal symptoms.

Nutrafem is a natural botanical supplement that manages and offers relief for symptoms and discomforts associated with perimenopause or menopause.

During menopause, your body's hormone level decreases significantly. Unlike hormone replacement therapy which acts by adding external hormones to your body, Nutrafem works by assisting the body to use its own hormones more effectively. Thus your body gets what it only needs.

Clinically tested for safety and efficacy, Nutrafem is your natural choice for menopause relief.



For more information, please contact our Customer Care Centre at (65) 6377 5688 or email to [customercare@nutrafem.com](mailto:customercare@nutrafem.com)

## Questions you can ask your healthcare professional:

- What must I do to prepare myself for menopause?
- What should I expect during menopause?
- How long will menopause symptoms last?
- Is menopause a part of life, and something that will pass?
- What treatment options are available?  
What are my options?
- Are there natural remedies that I can take?
- What will happen to me after menopause?

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