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FOR MORE INFORMATION or to take an online risk assessment for bleeding disorders, go to [betteryouknow.org](http://betteryouknow.org).

## Healthcare Diary

Before visiting with your healthcare provider, it may be helpful to keep a health diary for a month or two. This will help you discuss with your healthcare provider the next steps to take.

When did your symptoms begin? \_\_\_\_\_

What led to these symptoms? \_\_\_\_\_

Make note of your energy level. When was it high? \_\_\_\_\_

When was it low? \_\_\_\_\_

Have you had nose bleeds that lasted longer than 10 minutes? ☐ YES ☐ NO

How often? \_\_\_\_\_

How old were you when you had your first period? \_\_\_\_\_

How many days do you have between the start of one period and the start of the next one? \_\_\_\_\_

Do you have periods that last longer than 7 days? ☐ YES ☐ NO How many days total? \_\_\_\_\_

How many days do you consider your period to be heavy? \_\_\_\_\_

How often do you have to change your pads or tampons? \_\_\_\_\_

Do you have to double up on pads and/or tampons, especially at night? ☐ YES ☐ NO

Do you experience pain during your periods? ☐ YES ☐ NO

What makes them feel better? \_\_\_\_\_

What makes them worse? \_\_\_\_\_

Do your symptoms interfere with your daily life? ☐ YES ☐ NO

Do any of the girls or women in your family have heavy periods? ☐ YES ☐ NO ☐ DON'T KNOW

Has anyone in your family had similar bleeding symptoms? ☐ YES ☐ NO ☐ DON'T KNOW

Has anyone in your family been diagnosed with a bleeding disorder, such as von Willebrand disease or hemophilia? ☐ YES ☐ NO ☐ DON'T KNOW

List any prescription or nonprescription medicines you are currently taking.

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