

PERIOD TALK.

Tips to start the conversation with your doctor

It's easy to leave the doctor's office and realize you didn't discuss the topic that has really been bothering you – **your period**. If your period is disrupting your life, you shouldn't hesitate to proactively ask your doctor about solutions. To help initiate what can feel like an uncomfortable conversation, follow these three tips.

1. Complete a Self-Evaluation

Answer these 5 questions and bring them to discuss with your doctor at your next appointment.

How long does your period usually last?

1-2 days

3-5 days

6-8+ days

How often do you have to change your pad/tampon?

Every 6 hours

Every 4 hours

Every hour

Do you experience painful cramps or bloating during your period?

Never

Sometimes

Always

Have you noticed clots in your blood during your period?

Never

Sometimes

Always

Is your period keeping you from work, exercise, school or hobbies?

Never

Sometimes

Always

2. Ask Questions

Great, so you discussed your heavy period and are now ready to do something about it. Here are some questions you can ask your doctor to identify a treatment plan that's right for you:

- *What might be causing my heavy bleeding?*
- *Do I need to have any diagnostic tests?*
- *What are my treatment options?*
- *What is the best treatment for me?*
- *What can I expect from this treatment plan?*

3. Be Your Own Advocate

Above all else, it is important that you feel supported by your family, friends and physician. To find additional resources and connect with a community of supportive women, visit changethecycle.com

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