

SANDHYADEEP PROJECT



MATRU SEWA SANGH, Sitabuldi, Nagpur NARCHI, Nagpur Chapter IMS, Nagpur Chapter

1. Patient's Name : _____ Age : _____

2. Address : _____

_____ Tel. _____

3. Present History : _____

4. Menstrual History : Menopause - attained / not attained
if Attained - Duration _____
Menopause - Natural / Surgical
M.C. - Regular / Irregular / Normal / Scanty / excessive flow
L. M. P. _____

5. Married : Yes / No / Yrs. _____

Sexual Relations : Yes / No / once a week / twice a week

Contraceptive used : Yes / No Any difficulty in sexual relation _____

Menopausal Symptoms : Forgetfulness / Irritability / Hot flashes / Depression /
lethargy / Urinary Problem / Vaginal Dryness /
Lack of confidence / Backache / Limb Cramps /
Nervous tendency / Tremors

Past Medical History : HT : _____ DM : _____ Asthma : _____

Cardiac Problem : _____

Past Surgical History : D&C : _____

Dental extraction : _____ Fracture : _____

Breast lump : _____

Laparotomy : _____

Family History : Ca Breast / Ca Ovary / Ca Uterus

ON EXAMINATION

Skin Texture : _____

Pulse : _____ BP : _____ Weight : _____ Height : _____

Pallor _____ Oedema _____ Icterus _____

Breast _____

P / A : _____

P / S : _____ Cx- Healthy / Unhealthy Semear - Taken / Not taken

P / V : Uterus - AV / RV / NS / Enlarged / Soft / Firm

Adenexa - _____

Diet : _____

Intake - Adequate / Inadequate

Medications : _____

Calcium : _____

Phytoestrogens : _____

Any other : _____

Exercise : Regular / Irregular Walking _____

Yoga _____

Any other _____

Impression : Perimenopausal / Postmenopausal

INVESTIGATIONS					
HB					
Blood Sugar F					
Blood Sugar PM					
TSH					
Lipid Profile					

Papsmear _____

USG _____

Colposcopy _____

Mammography _____

BMD _____

Any other _____

Advise : _____

Follow up : _____

