Menstrual History Questionnaire

1. How old were you when you started having menstrual periods?
   Age: _________
   1a. If you cannot remember your exact age, were you:
   □ Younger than 10 \hspace{1cm} □ 16 or older
   □ 10-12 yrs old \hspace{1cm} □ Don't Know
   □ 13-15 yrs old

2. At present which statement best describes your menstrual cycle?
   □ I'm still having regular periods: The date of my last period was:     ___/___/_____
   □ My periods are irregular: The date of my last period was:     ___/___/_____
   □ I'm pregnant, or my last pregnancy ended within the past 2 months, or I'm breast feeding
   □ My periods have stopped on their own. (I've had menopause.)
   □ I've had menopause, but now have periods because I am taking hormones.
   □ I've had an operation (surgery) which stopped my periods.
     If your menstrual periods ceased because of surgery, what did you have removed?
     □ One ovary only \hspace{1cm} □ Uterus only
     □ Both ovaries \hspace{1cm} □ Uterus and one ovary
     □ Uterus and both ovaries
     □ Don't know
   □ I've taken medication which has stopped my periods.
     If your periods stopped because of medication, which medication were you taking?
     Medication name: _____________________________________
   □ I've had chemotherapy which has stopped my periods.
   □ I've had radiation therapy which has stopped my periods.
   □ Other:  _____________________ ________________________________

3. If your menstrual periods have stopped, how old were you when your menstrual periods stopped?
   (Please provide us with the age at which your menstrual periods stopped regardless of why they have stopped – naturally, due to surgery, medication, chemotherapy, or radiation therapy. If your periods have stopped, but you now have periods because of taking hormones, answer with the age at which your periods first stopped.)
   Were you:
   □ Younger than 20 \hspace{1cm} □ 45-49 yrs old
   □ 20-29 yrs old \hspace{1cm} □ 50-54 yrs old
   □ 30-39 yrs old \hspace{1cm} □ 55 – 59 yrs old
   □ 40-44 yrs old \hspace{1cm} □ 60 or older
   OR □ My menstrual periods have not stopped.

4. If your menstrual periods have stopped, how old were you when you first experienced symptoms of menopause such as hot flashes or night sweats?
   _____ Years old \hspace{1cm} □ Did not experience symptoms
   □ Don't Know
   OR □ My menstrual periods have not stopped.
All women should answer the next two questions, whether they currently have menstrual periods or not.

5. When you are (were) having regular menstrual cycles, how many days are (were) there between periods?  _______ Days between periods
   For how many days do (did) you have your period?  _______ Days

6. Between the ages of 18 and 40, excluding times when you may have been on the pill, pregnant, or nursing, which of the following statements BEST describes your menstrual periods?  They are (were)...  
   - Nearly always regular, that is, you could usually predict when you would start bleeding to within two or three days
   - Fairly Regular
   - Irregular
   - Don’t Know