

# Break Free From Menopause!

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Take the Quiz!

Do you have, or have you experienced in the past several months...

- No menstrual cycle for a year.
- Vaginal dryness.
- Hot flashes.
- Night sweats.
- Chills.
- Sleep problems.
- Irritability - mood changes.
- Intolerance for the way things "still" are.
- Water retention.
- Weight gain around the middle.
- Painful sex.
- Urinary incontinence.
- Thinning hair.
- Dry skin.
- Loss of breast fullness.
- "Fuzzy" thinking.
- Dizziness, headaches
- Loss of sex drive.
- Decreased sexual response.
- Decreased sense of well-being, energy and ambition.
- Loss of, or thinning pubic hair.
- Increase susceptibility to vaginal infections and urinary tract infections.

Total number of "yeses": \_\_\_\_\_