

Patient Name _____

Date of Birth _____ Last Menstrual Period _____

As a tool for your practice, use this form with your patients to discuss the current impact and severity of their VMS.

Vasomotor Symptoms associated with menopause (VMS), commonly referred to as hot flashes and night sweats, can happen to women/people assigned female at birth during the menopausal transition. Hot flashes are sudden and intense sensations of heat in your face, neck, and chest, and may be accompanied by sweating, reddening of the skin, chills, and rapid heartbeat. They usually last about 1 to 5 minutes. Night sweats are hot flashes that happen while you're sleeping.

Do you experience these symptoms?

Hot flashes Yes No I'm not sure

Night sweats Yes No I'm not sure

How many times per 24 hours? _____ For how long? _____ weeks/months/years

My hot flashes/night sweats consist of	Never	Some of the time	Most of the time	All of the time
Reddening of skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapid heartbeat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cold chills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My hot flashes/night sweats cause me to	Never	Some of the time	Most of the time	All of the time
Stop what I'm doing (working, socializing, leisure activities, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wake up while sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My hot flashes/night sweats make me	Never	Some of the time	Most of the time	All of the time
Feel anxious or nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel depressed, down, or blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Impatient with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Want to be alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel tired or worn out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have difficulty sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack energy to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid intimacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Anything else you would like to discuss about hot flashes/night sweats today?
