MY VAGINAL SYMPTOM DIARY

As you age, your body changes. Some of these changes may be uncomfortable for you. Use this sheet to keep track of the symptoms you experience. If you have problems that you experience for multiple days, make sure you write them down each day, using multiple sheets if necessary. Then, bring this diary to your next doctor's appointment to begin your conversation with your health care provider.

DATE	SYMPTOMS (DESCRIBE)	SEVERITY (RATE BELOW) LESS SEVERE				MORE SEVERE
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5
		1	2	3	4	5

Below, list any questions you have about the symptoms you listed, and questions or concerns you have about treatment.

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