

Vaginal, Bladder & Sexual Health Check-In™

These changes are common and treatable, but they are often left unspoken.
Check what you have noticed so you can ask for the right support.



Think about the past four weeks. Check any changes that are new, persistent or affecting your comfort.



VAGINAL & VULVAR COMFORT

- ☐ Dryness
- ☐ Burning, itching or irritation
- ☐ Tenderness or soreness
- ☐ Feeling tight or less flexible
- ☐ Spotting or bleeding with contact
- ☐ Changes in discharge or odor



BLADDER & URINARY CHANGES

- ☐ Urgency or needing to rush
- ☐ Going more often
- ☐ Leaking urine
- ☐ Waking at night to urinate
- ☐ Burning or pain with urination
- ☐ Recurring urinary tract infections



SEXUAL COMFORT & RESPONSE

- ☐ Pain or discomfort with penetration
- ☐ Less lubrication
- ☐ Reduced sensation or arousal
- ☐ Changes in orgasm
- ☐ Lower or changing desire
- ☐ Avoiding intimacy because of symptoms



HOW THIS IS AFFECTING ME

- ☐ Sleep
- ☐ Exercise or movement
- ☐ Clothing comfort
- ☐ Confidence
- ☐ Relationships or intimacy
- ☐ Daily activities



What I Want Help With Most

1. _____
2. _____
3. _____



Questions I Can Ask

- ☐ Could this be related to menopause?
- ☐ Should I be checked for infection or another cause?
- ☐ What hormonal and nonhormonal treatments could help?
- ☐ How long should I try a treatment before we review it?
- ☐ What symptoms should I report promptly?



Please Seek Medical Care

Contact a healthcare provider for unexplained bleeding, blood in the urine, pelvic pain, fever, new sores or lumps, unusual discharge or odor, or persistent urinary burning. Any bleeding after menopause should be evaluated.



Gentle Reminder

You deserve support for symptoms affecting comfort, bladder function or sexual well-being. You do not need to wait until they become severe.



Martine's Midlife Wellness Tip

Bring this check-in to your appointment if the words feel awkward.
Pointing to what you have noticed is a perfectly good way to begin.

