



My Vaginal, Bladder & Sexual Health Snapshot™

Notice what may be changing, then choose a comfortable place to begin.



Think about the past 3 months. Check what applies now or what you would like to discuss with a healthcare professional.

1

Vulvar & Vaginal Comfort



- ☐ Dryness, burning or irritation
- ☐ Itching or tenderness
- ☐ Unusual discharge or odor
- ☐ Discomfort with clothing, wiping or an exam

2

Bladder Changes



- ☐ Urgency or going more often
- ☐ Waking at night to urinate
- ☐ Leaking with coughing, laughing or exercise
- ☐ Burning, pressure or repeated UTIs

3

Sexual Comfort



- ☐ Less lubrication
- ☐ Pain or discomfort with touch or penetration
- ☐ Tightness or difficulty relaxing
- ☐ Spotting or bleeding after sexual activity

4

Desire & Arousal



- ☐ My interest in sex has changed
- ☐ Arousal takes longer or feels different
- ☐ Stress, sleep, mood or medication may play a role
- ☐ I would like support without pressure

5

Pelvic Floor Clues



- ☐ Pelvic pressure, heaviness or bulging
- ☐ Trouble emptying my bladder or bowel
- ☐ Pelvic pain or muscle tension
- ☐ I am unsure whether I need strengthening or relaxation

6

My Healthcare Plan



- ☐ I have shared these changes with a provider
- ☐ I know which symptoms need prompt care
- ☐ I understand there are nonhormonal and prescription options
- ☐ I have questions for my next visit

My Priorities Right Now

Which two areas would give you the most useful place to begin?

1. _____
2. _____

- ☐ Track a pattern ☐ Try one comfort measure ☐ Discuss it with a healthcare professional



Gentle Reminder

These symptoms are common, but you do not have to simply live with them. A clear description can help you find appropriate support.



Martine's Midlife Wellness Tip

Choose one concern to explore first. Small, comfortable steps can make sensitive conversations feel more manageable.



Seek prompt medical care for postmenopausal bleeding, blood in urine, fever with urinary symptoms, severe pelvic pain, a new sore or lump, or difficulty passing urine.