

THE IMPORTANCE OF TRACKING YOUR CYCLE

Your menstrual cycle can tell you a lot about your overall health. There are many medical conditions that can affect your menstrual health. Tracking your menstrual cycle, including daily symptoms, provides a quick assessment of your general health and can help identify patterns/issues. Tracking your symptoms alongside your menstrual cycle is currently the **only way to diagnose** Premenstrual Dysphoric Disorder (PMDD).

HOW IS PMDD DIAGNOSED?

Premenstrual Dysphoric Disorder **cannot** currently be detected or diagnosed via a blood or saliva test. However, a blood test *can* rule out other conditions which would need to be managed differently to PMDD. The only way to definitively diagnose PMDD is to track the severity of your symptoms over **two or more menstrual cycles**. Download the IAPMD premenstrual tracking guide to identify a possible link between any symptoms you have been experiencing and your ovulation cycle.

INSTRUCTIONS

Begin tracking your premenstrual symptoms with this chart today. **Print off a few copies** and staple them together for ease. Jot down the month so you can keep track of when you complete it. Fill it out daily (preferably at the end of your day). A **full two months** of menstrual cycle charting will allow for a more accurate assessment by a healthcare professional.

SYMPTOMS & IMPACT

Every day, rate your symptoms in each row by adding an 'X' to correspond with the severity. Try to treat each day separately without considering your symptoms from the day before. Some find it helpful to cover the previous day with a piece of paper. Options for severity/impact are:

- 1 - not at all
- 2 - minimal
- 3 - mild
- 4 - moderate
- 5 - severe
- 6 - extreme

Print off as many copies as you need to complete a **full two months** worth of tracking. Begin tracking your (preferably at the end of your day). Two months of charting will allow for a more accurate assessment.

Each evening note the day of the week you experienced each symptom. Put an "X" in the corresponding cell. (e.g. 1 - not at all, 2 - minimal, 3 - mild, 4 - moderate, 5 - severe, 6 - extreme)

Enter day of the week (Monday - 'W')	Days of the week							Days of the month																
	S	S	M	T	W	T	F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1. Felt depressed, sad, "down", or "blue" or tearful; or felt worthless or empty																								
2. Felt anxious, "keyed up" or "on edge"																								
3. Had mood swings, suddenly feeling sad or tearful, or sensitive to rejection or were easily hurt																								
4. Felt angry, or irritable																								
5. Had less interest in usual activities (work, school, friends, hobbies)																								

TALK WITH YOUR DOCTOR

It is okay to make an appointment to see your healthcare provider before completing your symptom tracker. However the more information you can bring to your initial appointment the better. We recommend you print off the 'First Appointment' notes sheet from iapmd.org/toolkit to take with you. Different kinds of doctors provide different kinds of treatment options. To search for a doctor near you that has been recommended by another PMDD patient visit iapmd.org/provider-directory

You may need to consult with various healthcare providers until you find the one that is right for you. Visit iapmd.org for lots of resources to help you on your journey to diagnosis and beyond.

