

Month 2

Month: _____

DAYS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
HEAVY																																
MEDIUM																																
LIGHT																																
PAIN (0-10)																																

Month 3

Month: _____

DAYS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Write down the symptoms you are experiencing, such as tiredness, anxiety, clotting or leakage.

Treatment Options

There are many treatment options available for heavy periods.

The right choice for you depends on a number of factors and should be determined with your doctor.

- Medication
- Minimally invasive surgery (i.e. NovaSure Endometrial Ablation)
- Major surgery (i.e. hysterectomy)
- Oral contraceptives
- Hormone-releasing IUDs

For more information please talk to your doctor and visit HeavyPeriodTalk.ca

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