Alamo Women's Health
Obstetrics & Gynecology at Westover Hills
Jennifer Arzola, M.D. and Rene Perez, M.D.

Dear Patient,

In an effort to provide the best experience during your office visit today, please take a few minutes to complete the following questions. It will help us keep current on very important health issues affecting you and it will allow the most efficient use of time with the Doctor. Thank You!

CONTRACEPTION

1. Are you currently using hormonal contraception (birth control)? Yes___ No___
2. If so, what form of Birth Control are you using? _____
3. Are you planning on having children? Within the next year___
   Within the next 5 years___ Within the next 10 years___ My family is complete___
4. Would you like information on a hormone-free, non-surgical Permanent Birth Control option performed in the comfort of our office? Yes___ No___

MENSTRUAL PERIODS

1. How long does your average Monthly Period last? ___ days
2. Do you ever feel as though your periods impact the quality of your life? Yes___ No ___
3. Do you ever experience irregular or inconsistent bleeding patterns? Yes___ No___
4. Would you like information on a simple, safe procedure performed in our office that can significantly reduce or eliminate your monthly periods? Yes___ No___

URINARY HEALTH

1. Do you ever leak urine when you cough, laugh or sneeze? Yes___ No___
2. Do you ever feel as though you have to urinate urgently? Yes___ No___
3. Do you feel like you have to urinate too frequently? Yes___ No___
4. Would you like information on a simple outpatient procedure that can reduce or eliminate your incontinence? Yes___ No___

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