



MENSTRUAL RECORD CHART

經期記錄表



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Patient _____
Address _____

NEMS ID # _____
Phone # _____

	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	No. of days from start of period to beginning of next period	Breast self-exam done ✓			
MONTH																																				
Jan																																				
Feb																																				
Mar																																				
April																																				
May																																				
June																																				
July																																				
Aug																																				
Sept																																				
Oct																																				
Nov																																				
Dec																																				

TYPE OF FLOW Normal Exceptionally Light Exceptionally Heavy

Please remember to have this chart with you when you call or visit your doctor.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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(415) 391-9686

(650) 550-3923

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WWW.NEMS.ORG

會員姓名 _____
住址 _____

會員卡號碼 _____
電話號碼 _____

	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	已完 月經 週期 天數	成乳 房檢 查✓		
一月																																			
二月																																			
三月																																			
四月																																			
五月																																			
六月																																			
七月																																			
八月																																			
九月																																			
十月																																			
十一月																																			
十二月																																			

經血情況 正常 異常少 異常多

看醫生或者打電話給醫生時，請帶上此表。

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NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).