



Dottie



Welcome to Dottie

Your AI-powered menstrual health
companion

About This Assessment

-  Quick assessment of your menstrual health patterns
-  Personalized insights based on your responses
-  Evidence-based recommendations for your well-being

This tool helps identify potential menstrual health concerns based on your symptoms. It is not a substitute for professional medical advice.

Start Assessment →



Dottie



16% Complete

Question 1 of 6

What is your age?

This helps us provide appropriate insights and recommendations

☐

Under 12

☐

12-14 years

☐

15-17 years

☐

18-24 years

☐

Over 24 years

< Back

Continue →



Age-Appropriate Guidance

We provide different resources and insights based on your age. For those under 18, we include educational content and resources for discussing menstrual health with parents or guardians.

Your data is private and secure. Dottie does not store your personal health information.



Dottie



33% Complete

Question 2 of 6

How long is your menstrual cycle?

Count from the first day of one period to the first day of the next period

☐

21-25 days

Shorter than average

☐

26-30 days

Average length

☐

31-35 days

Longer than average

☐

36-40 days

Extended cycle

☐

Irregular

Varies by more than 7 days

☐

I'm not sure

Need help tracking

☐

Other

Specify your own cycle length

< Back

Continue →



About Menstrual Cycles

A typical menstrual cycle can range from 21 to 35 days. Cycles outside this range or that vary significantly may indicate hormonal fluctuations.

Not sure? Try using our period tracker for 2-3 months to discover your pattern.



Dottie



50% Complete

Question 3 of 6

How many days does your period typically last?

Count the days from when bleeding starts until it completely stops

☐

1-3 days

Shorter duration

☐

4-5 days

Average duration

☐

6-7 days

Longer duration

☐

8+ days

Extended duration

☐

It varies

Changes from cycle to cycle

☐

I'm not sure

Need help tracking

☐

Other

Specify your own period duration

< Back

Continue →



About Period Duration

A typical period lasts between 3-7 days. Periods lasting longer than 7 days may indicate hormonal imbalances or other health conditions.

Spotting before or after your period is common but should be noted separately from your main flow.



67% Complete

Question 4 of 6

How would you describe your menstrual flow?

Select the option that best describes your typical flow heaviness



Light

Minimal bleeding, may only need panty liners



Moderate

Regular bleeding, requires normal protection



Heavy

Substantial bleeding, requires frequent changes



Very Heavy

Excessive bleeding, may soak through protection



It varies

Changes throughout your period or between cycles



I'm not sure

Need help determining flow heaviness

< Back

Continue →



About Flow Heaviness

Most people lose 30-80ml of blood during their period. Menstrual flow that consistently soaks through a pad/tampon every hour for several hours may indicate heavy menstrual bleeding (menorrhagia).

Flow often varies throughout your period, typically starting lighter, becoming heavier in the middle, and ending with lighter flow.



Dottie



83% Complete

Question 5 of 6

How would you rate your menstrual pain?

Select the option that best describes your typical pain level during your period

No Pain

- ☐ I don't experience any discomfort during my period

Mild

- ☐ Noticeable but doesn't interfere with daily activities

Moderate

- ☐ Uncomfortable and may require pain relief

Severe

- ☐ Significant pain that limits normal activities

Debilitating

- ☐ Extreme pain that prevents normal activities

It varies

- ☐ Pain level changes throughout your period or between cycles

< Back

Continue →



About Menstrual Pain

Mild to moderate menstrual cramps (dysmenorrhea) are common. They're caused by substances called prostaglandins that help the uterus contract to shed its lining.

Severe pain that disrupts your life may be a sign of conditions like endometriosis, adenomyosis, or uterine fibroids, and should be discussed with a healthcare provider.



Dottie



100% Complete

Question 6 of 6

Do you experience any other symptoms with your period?

Select all that apply. These could occur before, during, or after your period.

Physical symptoms



Bloating



Breast tenderness



Headaches



Back pain



Nausea



Fatigue



Dizziness



Acne



Digestive issues



Sleep disturbances



Hot flashes



Joint pain

Emotional/Mood symptoms



Irritability



Mood swings



Anxiety



Depression



Difficulty
concentrating



Food cravings



Emotional sensitivity



Low
energy/motivation

Other symptoms not listed?

Type any other symptoms here...

< Back

Complete Assessment →



About Period Symptoms

It's normal to experience several symptoms during your menstrual cycle. Hormonal fluctuations can affect your body in many ways beyond just bleeding.

However, symptoms that significantly interfere with daily life are not normal and may indicate conditions like PMDD (Premenstrual Dysphoric Disorder) or other reproductive health issues. Tracking these symptoms can help your healthcare provider make better assessments.




Your Assessment Results

Developing Normally

Your menstrual pattern appears to be developing normally based on ACOG guidelines for adolescents.

 Ask Dottie

 Save Results

 These results are based on guidelines from the American College of Obstetricians and Gynecologists

Your Cycle Summary

Cycle Details



Symptoms

bloating headaches fatigue

acne mood swings irritability



Analysis

Your cycle length of 32 days is within the normal range for adolescents. Cycles can range from 21-45 days in the first years after your first period.

Your period lasting 6 days is normal. Most periods last 2-7 days.

Your moderate flow is typical. It's normal to use 3-6 pads or tampons per day during your period.

Moderate menstrual pain is common. Using a heating pad, over-the-counter pain relievers, and light exercise can help.

The physical and emotional symptoms you're experiencing are normal parts of the menstrual cycle. They're caused by hormonal changes.

Personalized Recommendations



These recommendations are based on ACOG guidelines for adolescents and tailored to your specific assessment results.



Start Tracking Your Cycle

Keep a record of when your period starts and stops. This can help you predict your next period and identify patterns.

☆ Recommended for you



Be Patient With Your Cycle

It can take up to 2 years after your first period for cycles to become regular. Variation is normal during adolescence.

☆ Recommended for you



Stay Active

Regular exercise can help reduce period pain and manage mood changes.



Maintain a Balanced Diet

Eating nutritious foods, staying hydrated, and limiting salt, sugar, and caffeine can help manage symptoms.



Prioritize Sleep

Getting 8-10 hours of sleep can help your body manage hormonal changes and reduce fatigue.

Resources & Next Steps



Helpful Resources



ACOG: Your First Period

Information about what to expect from your menstrual cycle

[Learn more](#)



Teenage Menstrual Health

Age-appropriate guidance on managing your period

[Learn more](#)



Talking to Parents About Periods

Tips for discussing menstrual health with adults you trust

[Learn more](#)

What's Next

1

Start Tracking Your Cycle

Setting up your personalized cycle tracking will help you better understand your patterns.

[Set up cycle tracking](#)

2

Learn About Your Body

Explore our educational materials designed specifically for teens about menstrual health.

[View resources](#)

3

Talk To Someone

Consider sharing your results with a parent, trusted adult, or healthcare provider if you have concerns.

[Get conversation tips](#)



A Note on Teen Menstrual Health

It's completely normal for your periods to be irregular when you're first starting. For most people, it takes 2-3 years after your first period for cycles to become regular. During this time, cycle lengths can vary widely.

Learning about your body and tracking your cycle is a great first step towards taking charge of your health.

Remember that everyone's body is different, and what's "normal" varies from person to person.



Dottie

Your health information is private and secure.

[Privacy Policy](#)

[Terms of Use](#)

[Contact Support](#)