





Welcome to Dottie

Your Al-powered menstrual health companion

(i) 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 →



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

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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.



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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

0	21-25 days Shorter than average
0	26-30 days Average length
0	31-35 days Longer than average
0	36-40 days Extended cycle
0	Irregular Varies by more than 7 days
0	I'm not sure Need help tracking
0	Other Specify your own cycle length
⟨ Bac	ck Continue >
	About Manetrual 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.



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

0	1-3 days Shorter duration
0	4-5 days Average duration
0	6-7 days Longer duration
0	8+ days Extended duration
0	It varies Changes from cycle to cycle
0	I'm not sure Need help tracking
0	Other Specify your own period duration
< Bac	ck Continue →
(1)	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.

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

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
0	Minimal bleeding, may only need panty liners
	Moderate
0	Regular bleeding, requires normal protection
0	Heavy
	Substantial bleeding, requires frequent changes
0	Very Heavy
	Excessive bleeding, may soak through protection
0	It varies
	Changes throughout your period or between cycles
0	I'm not sure
	Need help determining flow heaviness



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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).

Continue →

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

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



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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

0 1	No Pain don't experience any discomfort during ny period
0 1	Mild Noticeable but doesn't interfere with daily activities
()	Moderate Uncomfortable and may require pain relief
0	Severe Significant pain that limits normal activities
0	Debilitating Extreme pain that prevents normal activities
O P	t varies lain level changes throughout your period r between cycles
Back	Continue →
(i)	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.



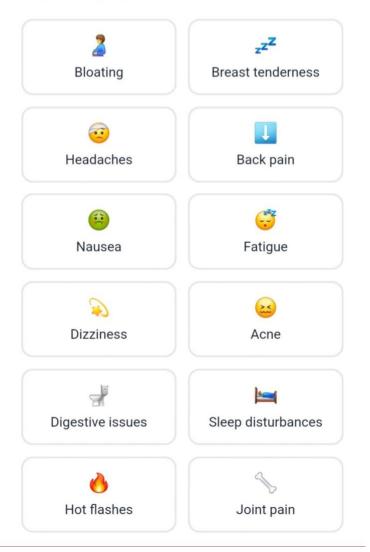
100% Complete

Question 6 of 6

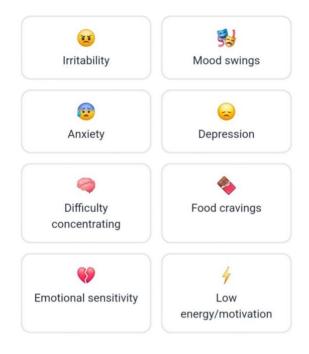
Do you experience any other symptoms with your period?

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

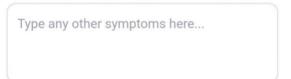
Physical symptoms



Emotional/Mood symptoms



Other symptoms not listed?



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Complete Assessment →

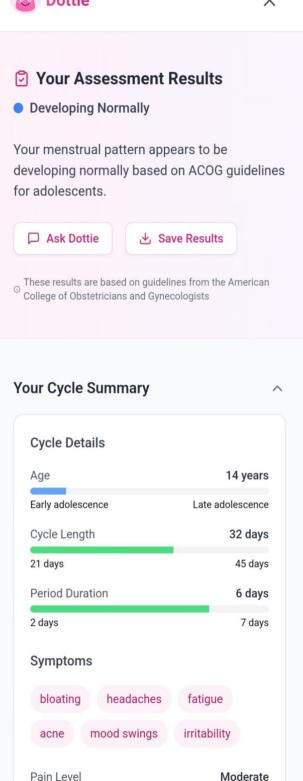


About Period Symptoms

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.





Severe

Heavy

Moderate

Mild

Light

Flow Heaviness

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 1 Teenage Menstrual Health Age-appropriate guidance on managing your period Learn more Talking to Parents About Tips for discussing menstrual health with adults you trust Learn more What's Next 1 Start Tracking Your Cycle

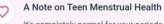


2 Learn About Your Body
Explore our educational materials
designed specifically for teens about
menstrual health.

View resources

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

Get conversation tips



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.



Your health information is private and secure.

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