

Symptoms List

All information on this form will be kept strictly confidential

Estrogen Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Low Libido
- Memory Lapses
- Incontinence
- Tearful / Depression
- Sleep Disturbances
- Heart Palpitations
- Bone Loss
- Aches / Pains
- Anxiety
- Thinning Skin
- Hair Loss

Estrogen Excess

- Mood Swings (PMS)
- Tender Breasts
- Water Retention
- Nervous / Anxious
- Irritable
- Fibrocystic Breasts
- Uterine Fibroids
- Weight Gain In Hips
- Headaches
- Endometrial Bleeding
- Breast Cancer
- Uterine Cancer

Progesterone Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Low Libido
- Memory Lapses
- Incontinence
- Tearful / Depression
- Sleep Disturbances
- Heart Palpitations
- Bone Loss
- Aches / Pains
- Anxiety
- Water Retention
- Yeast Infection
- Hair Loss

Progesterone Excess

- Sleepiness
- Breast Tenderness
- Decreased Libido
- Mild Depression
- Yeast Infection
- Bloating
- Water Retention

Androgen Deficiency

- Low Libido
- Vaginal Dryness
- Foggy Thinking
- Hot Flashes
- Night Sweats
- Aches / Pains
- Memory Lapses
- Incontinence
- Depressed
- Sleep Disturbances
- Decreased Muscle
- Bone Loss
- Thinning Skin
- Fibromyalgia

Androgen Excess

- Excessive Facial Hair
- Loss of Scalp Hair
- Increased Acne
- Oily Skin
- Tender Breasts
- Anxiety
- Ovarian Cysts

Cortisol Deficiency

- Fatigue
- Sugar Craving
- Allergies
- Asthma
- Sinusitis
- Chemical Sensitivity
- Stress
- Aches / Pains
- Arthritis
- Neck / Back Pain
- Muscle Stiffness
- Hives / Itching
- Fibromyalgia
- Low Blood Pressure

Cortisol Excess

- Sleep Disturbances
- Bone Loss
- Fatigue
- Weight Gain - Waist
- Loss of Muscle Mass
- Thinning Skin
- Anxiety
- Stress
- Sugar Craving
- Memory Lapse
- Hot Flashes

Thyroid Deficiency

- Basal Body Temp <97
- Fatigue
- Lack of Endurance
- Dizziness
- Joint Stiffness
- Depression
- Anxiety
- Decreased Concentration
- Muscle Weakness
- Headaches
- PMS
- Mood Swings
- Irritability
- Word Mix-Ups
- Joint Pain / Aches

Thyroid Excess

- Weight Loss / Gain
- Fatigue
- Shakiness
- Heat Intolerant
- Restlessness
- Increased Thirst
- Hair Loss
- Anemia
- Increased Sweating
- Hives / Itching
- Brittle Nails
- Rapid Heartbeat
- Chest Pain
- Shortness of Breath
- Weakness

Patient Name:

Date:

Hormones Currently Using: