

Hormone Symptom Worksheet

Testosterone Deprivation Sx's

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|--|--|
| <input type="checkbox"/> Short Term Memory Loss | <input type="checkbox"/> Increased emotionality |
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Increased moodiness |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Increased crying |
| <input type="checkbox"/> Insomnia <input type="checkbox"/> Early awakening | <input type="checkbox"/> Depression/Anxiety |
| <input type="checkbox"/> Altered sense of well being | <input type="checkbox"/> Dry skin/ rash |
| <input type="checkbox"/> Excess gas/ flatus | <input type="checkbox"/> Dry eyes |
| <input type="checkbox"/> Abdominal bloating/slow gut | <input type="checkbox"/> Migraine headaches |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Dry AM cough/ shortness of breath |
| <input type="checkbox"/> Deep fatigue | <input type="checkbox"/> Water retention |
| <input type="checkbox"/> Arthralgias (joint pain) | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Muscle spasms/ restless legs | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Muscle aches | <input type="checkbox"/> GERD/ heartburn |
| <input type="checkbox"/> Hair loss to head | <input type="checkbox"/> Urinary urgency/frequency/ |
| <input type="checkbox"/> Oily skin/acne | <input type="checkbox"/> Nocturia |
| <input type="checkbox"/> Urinary incontinence (urine leakage) | <input type="checkbox"/> Mid-abdominal weight gain |
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Aggressive tendency |