

Hormone Symptom Worksheet

E Deprivation Sx's

- ___ Short Term Memory Loss
- ___ Difficulty concentrating
- ___ Forgetfulness
- ___ Insomnia ___ Early awakening
- ___ Hot flashes ___ Night sweats
- ___ Dry skin/ rash ___ brittle hair
- ___ Dry eyes
- ___ Migraine headaches
- ___ Heart palpitations
- ___ Dry AM cough/ shortness of breath
- ___ Deep fatigue
- ___ Arthralgias (joint pains)
- ___ Muscle spasms/ restless legs
- ___ Muscle aches

- ___ GERD/ heartburn
- ___ Urinary urgency/frequency ___ Nocturia
- ___ Urinary incontinence (urine leakage)
- ___ Painful intercourse
- ___ Low libido (low interest in intercourse)

P4 Deprivation Sx's

- ___ Increased emotionality
- ___ Increased moodiness
- ___ Increased crying
- ___ Depression/Anxiety
- ___ Altered sense of well being
- ___ Excess gas/ flatus
- ___ Abdominal bloating/slow gut
- ___ Heavy and frequent periods
- ___ Spotting few days before period
- ___ Breast tenderness/ lumps
- ___ Water retention
- ___ Constipation
- ___ Headaches

Excess Testosterone Sx's

- ___ Hair loss to head
- ___ Oily skin/acne
- ___ Excess hair upper lip/ chin
- ___ Mid-abdominal weight gain
- ___ Aggressive tendency