



Hormonal Review of Symtoms

Please rate your symptoms on a scale from 0 to 3.
(0 = no symptoms / 1= mild / 2 = moderate / 3 = severe)

Date:	Hormone Relationship	Symptom Score
Anxiety	↑ E ↓ P ↓ T ↑ C ↓ TH	
Arthritis	↓ T ↓ P	
Bladder symptoms	↓ E ↓ T	
Breakthrough bleeding	↓ P	
Breast tenderness	↑ E ↓ P	
Constipation	↓ TH	
Cramps or painful periods	↓ P ↑ PG	
Decreased enjoyment of life	↑ E ↓ P ↓ T	
Decreased strength/endurance	↓ T ↓ TH	
Decreased sex drive	↑ ↓ E ↓ P ↓ T ↑ ↓ C ↓ TH	
Decreased physical ability	↓ T ↓ TH	
Decreased work performance	↓ E ↓ T ↓ P ↓ TH	
Depression	↑ ↓ P ↑ C ↓ E ↑ ↓ T ↓ TH	
Dry skin/hair	↓ E ↓ TH	
Fatigue	↑ P ↓ TH ↓ T ↑ ↓ C ↑ ↓ E	
Fibrocystic breast	↑ E ↓ P	
Fluid Retention	↑ E ↓ P	
Harder to reach climax	↓ T ↓ E ↓ P	
Hair Loss	↑ T ↑ ↓ TH ↑ ↓ E ↑ ↓ P ↑ C	
Headaches	↑ ↓ E ↑ ↓ P ↓ T ↑ C ↓ TH	
Heavy/irregular menses	↑ E ↓ P	
Hot flashes	↑ ↓ E ↓ P ↓ T	
Irritability	↑ E ↑ ↓ P ↑ T ↓ C	
Loss of Memory	↑ ↓ E ↑ ↓ P ↓ T ↑ C ↓ TH	
Loose Stools	↑ C ↑ TH	
Night Sweats	↑ ↓ C ↓ E	
Mood Swings	↑ E ↓ P	
Sleep Disturbance	↑ ↓ T ↓ P ↓ E ↑ C	
Stomach pain		
Vaginal dryness	↓ E ↓ T	
Weakness/muscular	↓ T ↓ P	
Weight gain	↑ E ↓ P ↓ TH	
Weight loss	↑ C ↑ TH	
TOTAL SCORE		

E = estrogen / P = progesterone / T = testosterone / C= cortisol / TH = thyroid / PG = PGE2

Scoring: < 6 ideal, 7-14 - mild, 15-25 moderate, >25 severe