

## Symptoms Associated with Hormone Imbalances

Questionnaire to be administered and scored by clinician

**0 = no symptoms    1= mild    2 = moderate    3 = severe**

**▲ E = estrogen    ▲ P = progesterone    ▲ T = testosterone    ▲ C= Cortisol    ▲ TH = thyroid**

Date:	Hormone Relationship	Patient Symptom Score									
		▲E	▲E	▲P	▲P	▲T	▲T	▲C	▲C	▲TH	▲TH
Anxiety	▲E ▲P ▲T ▲C ▲TH										
Arthritis	▲T ▲P										
Bladder symptoms	▲E ▲T										
♀ Breakthrough bleeding	▲P										
Breast tenderness	▲E ▲P										
Cold hands and feet	▲C ▲TH										
Constipation	▲TH										
Cramps or painful periods	▲P ▲TH										
Decreased enjoyment of life	▲E ▲P ▲T										
Decreased immunity / recovery	▲C										
Decreased strength or endurance	▲T ▲TH										
Decreased sex drive	▲E ▲P ▲T ▲C ▲TH										
Decreased ability to play sport	▲T ▲TH										
Decrease in work performance	▲E ▲T ▲P ▲TH										
Depression	▲P ▲C ▲E ▲T ▲TH										
Dry skin/ hair	▲E ▲TH										
Early-onset peri-menopause	▲E ▲C										
Elevated LDL cholesterol	▲TH										
♂ Erectile dysfunction	▲T										
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 ▲TH										
Hoarseness (unexplained)	▲TH										
Hot flashes	▲E ▲P ▲T										
Irritability	▲E ▲P ▲T ▲C										
Loss of memory	▲E ▲P ▲T ▲C ▲TH										
Loose stools	▲C ▲TH										
Low blood pressure	▲C										
Muscle problems (pain, burning)	▲TH										
Night sweats	▲C ▲E										
Mood swings	▲E ▲P										
Sleep disturbance	▲T ▲P ▲E ▲C										
♀ Vaginal dryness	▲E ▲T										
Weakness/ muscular	▲T ▲P										
Weight gain	▲E ▲P ▲TH										
Weight loss	▲C ▲TH										
	<b>Totals</b>										