

NAME:

DATE:

Hormone Symptoms List - Female

Each hormone category is divided into hormone deficiency and hormone excess symptoms, as each has a different subset of symptoms. **Score the symptoms that apply to you as 0 (none), 1 (mild), 2 (moderate), or 3 (severe).**

If you score higher than 10 in any hormone excess or deficiency category it is probably worthwhile to do order a hormone test.

<p>Estrogen Deficiency</p> <p>Hot flashes ___ Night sweats ___ Vaginal dryness ___ Foggy thinking ___ Memory lapses ___ Incontinence ___ Tearful ___ Depressed ___ Sleep disturbances ___ Heart palpitations ___ Bleeding changes ___ Bone loss ___</p> <p style="text-align: right;">Total Score: _____</p>	<p>Estrogen Excess</p> <p>Mood swings (PMS) ___ Tender breasts ___ Water retention ___ Foggy thinking ___ Nervous ___ Irritable ___ Anxious ___ Tearful ___ Fibrocystic breasts ___ Depressed ___ Uterine fibroids ___ Weight gain in hips ___ Heart palpitations ___ Bleeding changes ___ Headaches ___</p> <p style="text-align: right;">Total Score: _____</p>
<p>Progesterone Deficiency</p> <p>Hot flashes ___ Night sweats ___ Vaginal dryness ___ Decreased libido ___ Foggy thinking ___ Mild depression ___ Memory lapses ___ Incontinence ___ Tearful ___ Depressed ___ Sleep disturbances ___ Heart palpitations ___ Bone loss ___ Water retention ___</p> <p style="text-align: right;">Total Score: _____</p>	<p>Progesterone Excess</p> <p>Sleepiness ___ Breast and/or hands swelling/tenderness ___ Decreased libido ___ Mild depression ___ Increased candida (yeast) infections ___</p> <p style="text-align: right;">Total Score: _____</p>
<p>Androgen Deficiency</p> <p>Low libido ___ Vaginal dryness ___ Foggy thinking ___ Fatigue ___ Aches/pains ___ Memory lapses ___ Incontinence ___ Depressed ___ Sleep disturbances ___ Bone loss ___ Decreased muscle mass ___ Thinning skin ___</p> <p style="text-align: right;">Total Score: _____</p>	<p>Androgen Excess</p> <p>Androgen Excess ___ Excessive facial/body hair ___ Loss of scalp hair ___ Increased acne ___ Oily skin ___ High sex drive ___ Apple shaped ___</p> <p style="text-align: right;">Total Score: _____</p>
<p>Cortisol Deficiency</p> <p>Sugar craving ___ Allergies ___ Chemical sensitivity ___ Stress ___ Cold body temperature ___ Heart palpitations ___ Aches/pains ___ Arthritis ___</p> <p style="text-align: right;">Total Score: _____</p>	<p>Cortisol Excess</p> <p>Fatigue ___ Sleep disturbances ___ Depression ___ Weight gain in waist ___ Loss of muscle mass ___ Thinning skin ___</p> <p style="text-align: right;">Total Score: _____</p>