

NAME:

DATE:

Hormone Symptoms List

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 saliva test.

Estrogen Deficiency

Hot flashes __
 Night sweats __
 Vaginal dryness __
 Foggy thinking __
 Memory lapses __
 Incontinence __
 Tearful __
 Depressed __
 Sleep disturbances __
 Heart palpitations __
 Bleeding changes __
 Bone loss __

Total Score: _____**Estrogen Excess**

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 __

Total Score: _____**Progesterone Deficiency**

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 __

Total Score: _____**Progesterone Excess**

Sleepiness __
 Breast and/or hands swelling/tenderness __
 Decreased libido __
 Mild depression __
 Increased candida (yeast) infections __

Total Score: _____**Androgen Deficiency**

Low libido __
 Vaginal dryness __
 Foggy thinking __
 Fatigue __
 Aches/pains __
 Memory lapses __
 Incontinence __
 Depressed __
 Sleep disturbances __
 Bone loss __
 Decreased muscle mass __
 Thinning skin __

Total Score: _____**Androgen Excess**

Androgen Excess
 Excessive facial/body hair __
 Loss of scalp hair __
 Increased acne __
 Oily skin __
 High sex drive __
 Apple shaped __

Total Score: _____**Cortisol Deficiency**

Sugar craving __
 Allergies __
 Chemical sensitivity __
 Stress __
 Cold body temperature __
 Heart palpitations __
 Aches/pains __
 Arthritis __

Total Score: _____**Cortisol Excess**

Fatigue __
 Sleep disturbances __
 Depression __
 Weight gain in waist __
 Loss of muscle mass __
 Thinning skin __

Total Score: _____

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