

# Hormonal Review of Symptoms Checklist

Look at each symptom, listed in the far-left column. Then rate each symptom on a scale from 0 to 3 (0 = no symptoms; 1 = mild; 2 = moderate; 3 = severe). Record your rating in the far-right column under Symptom Score.

Compare your Symptom Score with what is going on with your hormones. For example, let's say you rated your hot flashes as a 3 (severe). Checking the Hormone Relationship column, you see that your estrogen levels may be going up or down (↑ ↓ E); your progesterone levels are declining (↓ P); and your testosterone levels are declining too (↓ T).

Date \_\_\_\_\_

SYMPTOM	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 ↑ P	
Decreased ability to play sports	↓ T ↓ TH	
Decreased enjoyment of life	↑ E ↓ P ↓ T	
Decreased sex drive	↑ ↓ E ↓ P ↓ T ↑ ↓ C ↓ TH	
Decreased strength or endurance	↓ 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 breasts	↑ E ↓ P	

SYMPTOM	HORMONE RELATIONSHIP	SYMPTOM SCORE
Fluid retention	↑E ↓P	
Hair loss	↑T ↑↓TH ↑↓E ↑↓P ↑C	
Harder to reach climax	↓T ↓E ↓P	
Headaches	↑↓E ↑↓P ↓T ↑C ↓TH	
Heavy/irregular menses	↑E ↓P	
Hot flashes	↑↓E ↓P ↓T	
Irritability	↑E ↑↓P ↑T ↓C	
Loose stools	↑C ↑TH	
Loss of memory	↑↓E ↑↓P ↓T ↑C ↓TH	
Mood swings	↑E ↓P	
Night sweats	↑↓C ↓E	
Sleep disturbance	↑↓T ↓P ↓E ↑C	
Stomach pain	↑↓C	
Vaginal dryness	↓E ↓T	
Weakness, muscular	↓T ↓P	
Weight gain	↑E ↓P ↓TH	
Weight loss	↑C ↑TH	

Key: E = estrogen / P = progesterone / T = testosterone / C= cortisol / TH = thyroid

Record your total points: \_\_\_\_\_