

# Female Hormone Symptoms Scoresheet

Name \_\_\_\_\_

Date \_\_\_\_\_ Age \_\_\_\_\_

Current hormones \_\_\_\_\_

Please rate the symptoms you have experience within the past one month.

- 1- Mild – on occasion but it doesn't really affect me
- 2- Frequent – experience often but get myself through it
- 3- Severe – very uncomfortable; I can barely function or get through the day

### Estrogen Deficiency

- \_\_\_\_\_ Hot flashes
- \_\_\_\_\_ Night sweats
- \_\_\_\_\_ Vaginal dryness / atrophy
- \_\_\_\_\_ Memory lapses / foggy thinking
- \_\_\_\_\_ Tearful/depressed
- \_\_\_\_\_ Aches/Pains
- \_\_\_\_\_ Incontinence/Frequent UTIs
- \_\_\_\_\_ Heart palpitations
- \_\_\_\_\_ Thinning skin/Wrinkling
- \_\_\_\_\_ Hair loss / Dry hair
- \_\_\_\_\_ Painful intercourse
- \_\_\_\_\_ Sagging breasts
- \_\_\_\_\_ **Total Score (36)** \_\_\_\_\_

### Estrogen Excess/Dominance

- \_\_\_\_\_ Mood swings
- \_\_\_\_\_ Nervous/anxious
- \_\_\_\_\_ Irritability
- \_\_\_\_\_ Weight gain in hips
- \_\_\_\_\_ Fibrocystic breasts
- \_\_\_\_\_ Uterine fibroids
- \_\_\_\_\_ Tender breasts/Increased size
- \_\_\_\_\_ Bloating / water retention
- \_\_\_\_\_ Heavy irregular bleeding
- \_\_\_\_\_ Endometriosis/Painful periods
- \_\_\_\_\_ **Total Score (30)** \_\_\_\_\_

### Progesterone Deficiency (Estrogen Dominance)

- \_\_\_\_\_ Nervous / Anxious
- \_\_\_\_\_ Irritability/PMS
- \_\_\_\_\_ Fluid retention
- \_\_\_\_\_ Insomnia
- \_\_\_\_\_ Heart palpitations
- \_\_\_\_\_ Headaches (cycle related)
- \_\_\_\_\_ Tearful/depressed
- \_\_\_\_\_ Irregular periods
- \_\_\_\_\_ Infertility
- \_\_\_\_\_ Miscarriage 1<sup>st</sup> trimester
- \_\_\_\_\_ Hot flashes
- \_\_\_\_\_ Night sweats
- \_\_\_\_\_ Vaginal dryness
- \_\_\_\_\_ Low libido
- \_\_\_\_\_ Memory lapses
- \_\_\_\_\_ Bone loss
- \_\_\_\_\_ Joint Aches
- \_\_\_\_\_ Yeast infection
- \_\_\_\_\_ Hair loss
- \_\_\_\_\_ Weight gain
- \_\_\_\_\_ **Total Score (60)** \_\_\_\_\_

### Androgen Deficiency

- \_\_\_\_\_ Low libido
- \_\_\_\_\_ Aches/pains
- \_\_\_\_\_ Decreased muscle
- \_\_\_\_\_ Depressed
- \_\_\_\_\_ Fatigue
- \_\_\_\_\_ Decreased stamina
- \_\_\_\_\_ Decreased motivation
- \_\_\_\_\_ **Total Score (21)** \_\_\_\_\_

### Androgen Excess

- \_\_\_\_\_ Excessive facial hair
- \_\_\_\_\_ Aggression/Irritability
- \_\_\_\_\_ Increased acne
- \_\_\_\_\_ Oily skin
- \_\_\_\_\_ Loss of scalp hair
- \_\_\_\_\_ **Total Score (15)** \_\_\_\_\_

### Progesterone Excess

- \_\_\_\_\_ Sleepiness/Morning grogginess
- \_\_\_\_\_ Bloating
- \_\_\_\_\_ Mild depression
- \_\_\_\_\_ Breast tenderness
- \_\_\_\_\_ Yeast infection
- \_\_\_\_\_ Decreased libido
- \_\_\_\_\_ Water retention
- \_\_\_\_\_ **Total Score (21)** \_\_\_\_\_