

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 1st 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)** _____