



Hormone Therapy Patient Symptom Sheet

Patient Name: _____

	Absent	Mild	Moderate	Severe
Fibrocystic Breast				
Weight Gain				
Heavy/ Irregular Menses				
Hot Flashes				
Dry Skin/ Hair				
Anxiety				
Depression				
Night Sweats				
Vaginal Dryness				
Headaches				
Irritability				
Mood Swings				
Breast Tenderness				
Sleep Disturbances / Insomnia				
Cramps				
Fluid Retention				
Breakthrough Bleeding				
Fatigue				
Loss Memory				
Bladder Symptoms				
Arthritis				
Harder to Reach Climax				
Decreased Sex Drive				
Hair Loss				

Hormone Symptom Interpretation

Fibrocystic Breast	_E	_P			
Weight Gain	_E	_P	_TH		
Heavy/ Irregular Menses	_E	_P			
Hot Flashes	_E	__E	_P		
Dry Skin/ Hair	_E				
Anxiety	_E	_P	_E		
Depression	_E	_P	_T	_C	_TH
Night Sweats	_E	__C			
Vaginal Dryness	_E	_T			
Headaches	__E	__P	_T	_TH	
Irritability	_E	__P			
Mood Swings	_E	_P			
Breast Tenderness	_E	_P	_P		
Sleep Disturbances / Insomnia	_P	_E	_T		
Cramps	_P				
Fluid Retention	_P	_E			
Breakthrough Bleeding	_P				
Fatigue	_T	_TH	_P	_C	
Loss Memory	_T	_E			
Bladder Symptoms	_E	_T			
Arthritis	_T	_P			
Harder to Reach Climax	_T	_E	_P		
Decreased Sex Drive	_T	_E	_C	_TH	
Hair Loss	_T	__TH	__E	__P	

Represents the most common causes of symptoms, as far as progesterone, estrogen, testosterone and thyroid only and is not totally inclusive of all possible causes.

Legend:

E= Estrogen **P**= Progesterone **T**= Testosterone **C**= Cortisol **TH**= Thyroid

_= Caused by high level **__**= Caused by low level **___**= Caused by fluctuating levels