



Hormone Symptom Score Sheet

The following score sheet will help you to determine whether hormone testing is needed, and which tests to order. Each category is divided into hormone deficiency and excess, as each has a different subset of symptoms. Score the symptoms, which apply, to you as **0(none) 1(mild) 2(moderate) 3(severe)**

Estrogens(Estradiol)

Estrogen Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Foggy Thinking
- Memory Lapses
- Incontinence
- Tearful
- Depressed
- Sleep Disturbances
- Heart Palpitations
- Bone Loss

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Foggy Thinking
- Memory Lapses
- Incontinence
- Tearful
- Depressed
- Sleep Disturbances

Androgen Deficiency

- Low Libido
- Vaginal Dryness
- Foggy Thinking
- Fatigue
- Aches/Pains
- Memory Lapses
- Incontinence
- Depressed
- Sleep Disturbances

Cortisol Deficiency

- Fatigue
- Sugar Cravings
- Allergies
- Chemical Sensitivity
- Stress
- Cold Body Temperature
- Heart Palpitations
- Aches/Pains

Estrogen Excess

- Mood Swings (PMS)
- Tender Breasts
- Water Retention
- Nervous
- Irritable
- Anxious
- Fibrocystic Breasts
- Uterine Fibroids
- Weight Gain in Hips
- Bleeding Changes
- Headaches

Progesterone

- Heart Palpitations
- Bone Loss
- Water Retention

Progesterone Excess

- Sleepiness
- Breast Swelling/Tenderness
- Decreased Libido
- Mild Depression
- Candida Infections

Androgens (DHEA and Testosterone)

- Bone Loss
- Decreased Muscle Mass
- Thinning Skin

Androgen Excess

- Excessive facial/Body Hair
- Loss of Scalp Hair
- Increased Acne
- Oily Skin

Cortisol

- Arthritis

Cortisol Excess

- Sleep Disturbances
- Bone Loss
- Fatigue
- Weight Gain in Waist
- Loss of Muscle Mass
- Thinning Skin

Please Fax Results to 505-864-6535