



HORMONE BALANCE PATIENT EVALUATION FORM

NAME: _____ **DOB:** _____

Symptoms List

Estrogens

Estrogen Deficiency

- Hot flashes
- Night sweats
- Vaginal dryness
- Foggy thinking
- Memory lapses
- Incontinence
- Tearful
- Depressed
- Sleep disturbances
- Heart palpitation
- Bone loss
- Dry eyes/skin

Estrogen Excess

- Mood swings (PMS)
- Tender breasts
- Water retention
- Nervous
- Irritable
- Anxious
- Fibrocystic breasts
- Uterine fibroids
- Weight gain in hips
- Bleeding changes
- Headaches

Progesterone

Progesterone Deficiency

- Water retention
- Tender breasts
- Nervous
- Irritable
- Anxious
- Fibrocystic breasts
- Uterine fibroids
- Weight gain in hips
- Sleep disturbances

- Bone loss
- Depressed/tearful
- Foggy thinking

Progesterone Excess

- Sleepiness
- Dizziness
- Mild depression
- Candida infections



Androgens (DHEA and Testosterone)

Androgen Deficiency

- Low libido
- Low energy/fatigue
- Vaginal dryness
- Foggy thinking
- Aches/pains
- Decreased muscle mass
- Incontinence
- Depressed
- Thinning skin

- Bone loss
- Depressed/tearful
- Sleep disturbances

Androgen Excess

- Excess body/face hair
- Loss of scalp hair
- Increased acne
- Oily skin

Adrenal Imbalance

- Sleep disturbances
- Anxious/overwhelmed easily
- Scattered/racing thoughts
- Irritable/easily frustrated
- PMS
- Perimenopause/Menopause
- Low libido
- Thyroid issues
- Difficulty waking in morning
- Thinning hair

- Depressed
- Weight gain in abdomen
- Crave sugar/carbohydrate
- Crave salt
- Need for caffeine
- Fatigue/exhaustion
- Dizziness
- Heart palpitations
- Hypo/hyperglycemia
- Insulin resistance

Low Thyroid

- Elevated blood cholesterol level
- Increased sensitivity to cold
- Unexplained weight gain
- Difficulty losing weight
- Puffy face
- Muscle weakness/aches and pains
- Thinning hair
- Depressed

- Constipation
- Dry skin
- Hoarseness
- Fatigue
- Joint pain/stiffness
- Heavy/irregular periods
- Slowed heart rate
- Impaired memory