

Symptoms Associated with Hormone Imbalances

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0 = no symptoms 1 = mild 2 = moderate 3 = severe

(▲E = estrogen ▲P = progesterone ▲T = testosterone ▲C = Cortisol ▲TH = thyroid)

Name: _____ Date: _____	#	Hormone Relationship	Patient Symptom Score											
			▲E	▼E	▲P	▼P	▲T	▼T	▲C	▼C	▲TH	▼TH		
Anxiety		▲E ▼P ▼T ▲C ▼TH												
Arthritis		▼T ▼P												
Bladder symptoms		▼E ▼T												
♀ Breakthrough bleeding		▼P												
Breast tenderness		▲E ▼P												
Cold hands and feet		▼C ▼TH												
Constipation		▼TH												
Cramps or painful periods		▼P ▼TH												
Decreased enjoyment of life		▲E ▼P ▼T												
Decreased immunity / recovery		▼C												
Decreased strength or endurance		▼T ▼TH												
Decreased sex drive		▲E ▼P ▼T ▲C ▼TH												
Decreased ability to play sport		▼T ▼TH												
Decrease in work performance		▼E ▼T ▼P ▼TH												
Depression		▲P ▲C ▼E ▲T ▼TH												
Dry skin/ hair		▼E ▼TH												
Early-onset peri-menopause		▼E ▼C												
Elevated LDL cholesterol		▼TH												
♂ Erectile dysfunction		▼T												
Fatigue		▲P ▼TH ▼T ▲C ▲E												
Fibrocystic breast		▲E ▼P												
Fluid retention		▲E ▼P												
Harder to reach climax		▼T ▼E ▼P												
Hair loss		▲T ▲TH ▲E ▲P ▲C												
Headaches		▲E ▲P ▼T ▲C ▼TH												
♀ Heavy/ irregular menses		▲E ▼P ▼TH												
Hoarseness (unexplained)		▼TH												
Hot flashes		▲E ▼P ▼T												
Irritability		▲E ▲P ▲T ▼C												
Loss of memory		▲E ▲P ▼T ▲C ▼TH												
Loose stools		▲C ▲TH												
Low blood pressure		▼C												
Muscle problems (pain, burning)		▼TH												
Night sweats		▲C ▼E												
Mood swings		▲E ▼P												
Sleep disturbance		▲T ▼P ▼E ▲C												
♀ Vaginal dryness		▼E ▼T												
Weakness/ muscular		▼T ▼P												
Weight gain		▲E ▼P ▼TH												
Weight loss		▲C ▲TH												
Totals:														
Net Totals:			E	P	T	C	Th							

(Adapted from form of Anna Cabeca, DO)