

## 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
- \_\_\_\_\_ Bone loss
- \_\_\_\_\_ Aches/Pains
- \_\_\_\_\_ Low libido
- \_\_\_\_\_ Incontinence/Frequent UTIs
- \_\_\_\_\_ Heart palpitations
- \_\_\_\_\_ Thinning skin/Wrinkling
- \_\_\_\_\_ Hair loss / Dry hair
- \_\_\_\_\_ Painful intercourse
- \_\_\_\_\_ Sagging breasts
- \_\_\_\_\_ **Total Score (42)** \_\_\_\_\_

### 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
- \_\_\_\_\_ Headaches
- \_\_\_\_\_ Gall bladder problem/removal
- \_\_\_\_\_ Breast cancer
- \_\_\_\_\_ Uterine cancer
- \_\_\_\_\_ **Total Score (42)** \_\_\_\_\_

### Progesterone Deficiency (Estrogen Dominance)

- \_\_\_\_\_ Nervous / Anxious
- \_\_\_\_\_ Irritability/PMS
- \_\_\_\_\_ Fluid retention
- \_\_\_\_\_ Insomnia
- \_\_\_\_\_ Heart palpitations
- \_\_\_\_\_ Headaches (cycle related)
- \_\_\_\_\_ Tearful/depressed
- \_\_\_\_\_ Irregular periods
- \_\_\_\_\_ Infertility
- \_\_\_\_\_ Miscarriage 1<sup>st</sup> 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
- \_\_\_\_\_ Indecisive
- \_\_\_\_\_ Decreased stamina
- \_\_\_\_\_ Decreased motivation
- \_\_\_\_\_ Incontinence
- \_\_\_\_\_ Sleep disturbance
- \_\_\_\_\_ Bone loss
- \_\_\_\_\_ Belly fat
- \_\_\_\_\_ **Total Score (36)** \_\_\_\_\_

### Androgen Excess

- \_\_\_\_\_ Excessive facial hair
- \_\_\_\_\_ Loss of scalp hair
- \_\_\_\_\_ Increased acne
- \_\_\_\_\_ Oily skin
- \_\_\_\_\_ Tender breasts
- \_\_\_\_\_ Anxiety
- \_\_\_\_\_ Ovarian cysts/PCOS
- \_\_\_\_\_ Aggression/Irritability
- \_\_\_\_\_ Deep voice
- \_\_\_\_\_ Clitoral enlargement
- \_\_\_\_\_ **Total Score (30)** \_\_\_\_\_

### Progesterone Excess

- \_\_\_\_\_ Sleepiness/Morning grogginess
- \_\_\_\_\_ Bloating
- \_\_\_\_\_ Mild depression
- \_\_\_\_\_ Breast tenderness
- \_\_\_\_\_ Yeast infection
- \_\_\_\_\_ Decreased libido
- \_\_\_\_\_ Water retention
- \_\_\_\_\_ **Total Score (21)** \_\_\_\_\_

## Hormone Symptoms Scoresheet (page 2)

Name \_\_\_\_\_

Date \_\_\_\_\_

Please rate the symptoms you have experience within the past three months.

- 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

### Cortisol Deficiency

- \_\_\_\_\_ Fatigue/Burnout
- \_\_\_\_\_ Lack of stamina especially 2-5pm
- \_\_\_\_\_ Sugar/salt craving
- \_\_\_\_\_ Allergies
- \_\_\_\_\_ Low blood pressure
- \_\_\_\_\_ Low blood sugar "feed me or die"
- \_\_\_\_\_ Cold body temp.
- \_\_\_\_\_ Chemical sensitivity
- \_\_\_\_\_ Aches/pains/stiffness
- \_\_\_\_\_ Lightheaded when standing quickly
- \_\_\_\_\_ Brain fog
- \_\_\_\_\_ Nausea/Vomiting/Diarrhea
- \_\_\_\_\_ Alcohol intolerance
- \_\_\_\_\_ Asthma
- \_\_\_\_\_ Sinusitis

- \_\_\_\_\_ Stress
- \_\_\_\_\_ Hives/itching
- \_\_\_\_\_ Muscle weakness
- \_\_\_\_\_ Fibromyalgia
- \_\_\_\_\_ History of steroid use
- \_\_\_\_\_ Autoimmune disease
- \_\_\_\_\_ Sleep disruption (1-4AM)
- \_\_\_\_\_ Depression
- \_\_\_\_\_ **Total Score (69)** \_\_\_\_\_

### Cortisol Excess

- \_\_\_\_\_ **Insomnia (wired and tired)**
- \_\_\_\_\_ **Anxiety/Worry**
- \_\_\_\_\_ Belly fat/Waist >35in
- \_\_\_\_\_ Loss of muscle mass
- \_\_\_\_\_ Thinning skin
- \_\_\_\_\_ Unexplained stretch marks
- \_\_\_\_\_ Bone loss
- \_\_\_\_\_ Stress
- \_\_\_\_\_ Sugar craving
- \_\_\_\_\_ Pre-diabetes/Insulin resistance
- \_\_\_\_\_ Irritability (quick to anger)
- \_\_\_\_\_ History of gastric ulcer/gastritis
- \_\_\_\_\_ Difficulty recovering from physical injury
- \_\_\_\_\_ Decreased fertility
- \_\_\_\_\_ Memory lapse
- \_\_\_\_\_ Hot flashes
- \_\_\_\_\_ **Total Score (48)** \_\_\_\_\_

### Thyroid Deficiency

- \_\_\_\_\_ **Weight gain/Inability to lose weight**
- \_\_\_\_\_ **Fatigue / low stamina**
- \_\_\_\_\_ **Brain fog/concentration**
- \_\_\_\_\_ **Hair loss/outer 3<sup>rd</sup> eyebrows**
- \_\_\_\_\_ **Joint stiffness/ pain/aches**
- \_\_\_\_\_ Constipation/<1 bowel movement per day
- \_\_\_\_\_ Dizziness
- \_\_\_\_\_ Depression
- \_\_\_\_\_ Anxiety
- \_\_\_\_\_ Enlarged tongue/difficulty swallowing
- \_\_\_\_\_ Muscle weakness
- \_\_\_\_\_ Decreased libido
- \_\_\_\_\_ Mood swings/PMS
- \_\_\_\_\_ Irritability

- \_\_\_\_\_ Swollen fingers/ankles
- \_\_\_\_\_ Cold intolerance/low body temp
- \_\_\_\_\_ Decreased sweating
- \_\_\_\_\_ TSH >3.0
- \_\_\_\_\_ High cholesterol
- \_\_\_\_\_ Menstrual irregularities/Heavy periods
- \_\_\_\_\_ Infertility
- \_\_\_\_\_ Dry skin
- \_\_\_\_\_ Brittle nails
- \_\_\_\_\_ **Total Score (69)** \_\_\_\_\_

### Thyroid Excess

- \_\_\_\_\_ **Weight loss**
- \_\_\_\_\_ **Shakiness**
- \_\_\_\_\_ **Heat intolerant**
- \_\_\_\_\_ **Insomnia**
- \_\_\_\_\_ **Increased sweating**

### Thyroid Excess (continued)

- \_\_\_\_\_ **Rapid pulse / Resting heart rate >90**
- \_\_\_\_\_ Restless / Agitated
- \_\_\_\_\_ Increased thirst
- \_\_\_\_\_ Diarrhea
- \_\_\_\_\_ Anemia
- \_\_\_\_\_ Hives/itching
- \_\_\_\_\_ Thin skin
- \_\_\_\_\_ Chest pain
- \_\_\_\_\_ Shortness of breath
- \_\_\_\_\_ Weakness
- \_\_\_\_\_ Decreased muscle mass
- \_\_\_\_\_ Irregular menstruation/ Spotty periods
- \_\_\_\_\_ Anxiety/panic attacks
- \_\_\_\_\_ Depression/irritability
- \_\_\_\_\_ **Total Score (57)** \_\_\_\_\_