

# Female Symptoms List

## Estrogen Deficiency

- Hot flashes
- Night sweats
- Vaginal dryness
- Low libido
- Memory lapses
- Incontinence
- Tearful/depressed
- Sleep disturbances
- Heart palpitations
- Bone loss
- Aches/Pains
- Anxiety
- Thinning skin
- Hair loss

## Estrogen Excess

- Mood swings (PMS)
- Tender breasts
- Water retention/bloating
- Nervous/anxious
- Headaches
- Weight gain
- Irritable
- Fibrocystic breasts
- Uterine fibroids
- Endometriosis/bleeding
- Breast cancer
- Uterine cancer

## Progesterone Deficiency

- Hot flashes
- Night sweats
- Vaginal dryness
- Low libido
- Memory lapses
- Incontinence
- Tearful/depressed
- Sleep disturbances
- Heart palpitations
- Bone loss
- Aches/pains
- Anxiety
- Water retention
- Yeast infection
- Hair loss

## Progesterone Excess

- Sleepiness
- Bloating
- Decreased libido
- Mild depression
- Yeast infection
- Breast tenderness
- Water retention

## \*Androgen Deficiency

- Low libido
- Vaginal dryness
- Foggy thinking
- Hot flashes
- Night sweats
- Aches/pains
- Memory lapses
- Incontinence
- Depressed
- Sleep disturbances
- Decreased muscle
- Bone loss
- Thinning skin
- Fibromyalgia
- Hair loss

## Androgen Excess

- Excessive facial hair
- Loss of scalp hair
- Increased acne
- Oily skin
- Tender breasts
- Anxiety
- Ovarian cysts
- Aggression

## Cortisol Deficiency

- Fatigue
- Sugar/salt craving
- Allergies
- Asthma
- Sinusitis
- Chemical sensitivity
- Stress
- Aches/pains
- Arthritis
- Neck/back pain
- Muscle stiffness
- Hives/itching
- Fibromyalgia
- Low blood pressure

## Cortisol Excess

- Sleep disturbances
- Bone loss
- Fatigue
- Weight gain waist
- Loss of muscle mass
- Thinning skin
- Anxiety
- Stress
- Sugar craving
- Memory lapse
- Hot flashes

## Thyroid Deficiency

- Weight gain
- Fatigue
- Lack of endurance
- Dizziness
- Joint stiffness
- Depression
- Anxiety
- Decreased concentration
- Muscle weakness
- Headaches
- Hair loss
- Mood swings /PMS
- Irritability
- Word mix-ups
- Joint pain/aches
- Swollen fingers
- Brain fog
- Memory blanks
- Low body temperature
- TSH>3.0

## Thyroid Excess

- Weight loss/gain
- Fatigue
- Shakiness
- Heat intolerant
- Restlessness
- Increased thirst
- Hair loss
- Anemia
- Increased sweating
- Hives/itching
- Brittle nails
- Rapid heartbeat
- Chest pain
- Shortness of breath
- Weakness
- Decreased muscle mass
- Irregular menstrual cycles
- Anxiety/panic attacks
- Depression/irritability
- Emotional swings/aggression

Name \_\_\_\_\_

Date \_\_\_\_\_ Age \_\_\_\_\_

Hormones used \_\_\_\_\_

\*Androgen refers mainly to Testosterone