

Symptoms List

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), or 3 (severe). A score of 10 or higher in any one category (deficiency and excess combined) is probably worthwhile to test.

Estrogens (Estradiol)

Estrogen Deficiency

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

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

- Hot flashes
- Night sweats
- Vaginal dryness
- Foggy thinking
- Memory lapses
- Incontinence
- Tearful
- Depressed
- Sleep disturbances

- Heart palpitation
- Bone loss

Progesterone Excess

- Sleepiness
- Breast swelling/tenderness
- Decreased libido
- Mild depression
- Candida infections

Androgens (DHEA and Testosterone)

Androgen Deficiency

- Low libido
- Vaginal dryness
- Foggy thinking
- Fatigue
- Aches/pains
- Memory lapses
- Incontinence
- Depressed
- Sleep disturbances

- Bone loss
- Decreased muscle mass
- Thinning skin

Androgen Excess

- Excessive facial/body hair
- Loss of scalp hair
- Increased acne
- Oily skin

Cortisol

Cortisol Deficiency

- Fatigue
- Sugar craving
- Allergies
- Chemical sensitivity
- Stress
- Cold body temperature
- Heart palpitations
- Aches/pains

- Arthritis

Cortisol Excess

- Sleep disturbances
- Bone loss
- Fatigue
- Weight gain in waist
- Loss of muscle mass
- Thinning skin