

## Health Check – Women’s Symptom Review

Please review the symptom checklist below and indicate any symptoms you are experiencing

Symptom	None	Mild	Moderate	Severe		
Hot Flashes					<b>Low Estrogen</b>	
Night Sweats						
Vaginal Dryness						
Incontinence						
Irregular Periods					<b>Estrogen Dominant</b>	
Uterine Fibroids						
Water Retention						
Tender Breasts						
Fibrocystic Breasts						
Increased Forgetfulness						
Foggy Thinking						
Tearful						
Depressed						
Mood Swings						
Stress						
Morning Fatigue						<b>Adrenals</b>
Evening Fatigue						
Difficulty Sleeping						
Decreased Stamina						
Anxious						
Irritable						
Nervous						
Ringing in Ears						
Fibromyalgia						
Allergies						
Headaches						
Sugar Cravings						
Dizzy Spells						
Cold Body Temperature					<b>Thyroid</b>	
Goiter						
Hoarseness						
Hair Dry or Brittle						
Nails Breaking or Brittle						
Constipation						
Slow Pulse Rate						
Rapid Heartbeat						
Heart Palpitations						
Infertility Problems					<b>Metabolic Syndrome/High Androgen</b>	
Acne						
Increased Facial/Body Hair						
Scalp Hair Loss						
Weight Gain-Hips						
Weight Gain-Waist						
High Cholesterol						
Elevated Triglycerides					<b>Low Androgen / Other</b>	
Decreased Libido						
Decreased Muscle Size						
Thinning Skin						
Rapid Aging						
Aches & Pains						
Bone Loss						