

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					Low Estrogen	
Night Sweats						
Vaginal Dryness						
Incontinence						
Irregular Periods					Estrogen Dominant	
Uterine Fibroids						
Water Retention						
Tender Breasts						
Fibrocystic Breasts						
Increased Forgetfulness						
Foggy Thinking						
Tearful						
Depressed						
Mood Swings						
Stress						
Morning Fatigue						Adrenals
Evening Fatigue						
Difficulty Sleeping						
Decreased Stamina						
Anxious						
Irritable						
Nervous						
Ringing in Ears						
Fibromyalgia						
Allergies						
Headaches						
Sugar Cravings						
Dizzy Spells						
Cold Body Temperature					Thyroid	
Goiter						
Hoarseness						
Hair Dry or Brittle						
Nails Breaking or Brittle						
Constipation						
Slow Pulse Rate						
Rapid Heartbeat						
Heart Palpitations						
Infertility Problems						
Acne					Metabolic Syndrome/High Androgen	
Increased Facial/Body Hair						
Scalp Hair Loss						
Weight Gain-Hips						
Weight Gain-Waist						
High Cholesterol						
Elevated Triglycerides						
Decreased Libido					Low Androgen / Other	
Decreased Muscle Size						
Thinning Skin						
Rapid Aging						
Aches & Pains						
Bone Loss						