

Name _____

Date _____

Please circle symptoms (including duplicate symptoms) and write down mild / moderate or severe next to each of the symptoms.

- Hot flashes
- Night sweats
- Sleep disturbances
- Vaginal dryness
- Painful sexual intercourse
- Incontinence
- Bladder infections
- Heart palpitations
- Bone loss
- Foggy thinking
- Memory problems
- Tearful
- Lethargic depression

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- Mood swings
 - Tender breasts
 - Water retention
 - Puffiness and bloating
 - Nervous and irritable
 - Anxious depression
 - Fibrocystic breasts
 - Uterine fibroids
 - Weight gain in hips
 - Uterine bleeding increased
 - Headaches (especially migraines)
 - Cervical dysplasia (abnormal pap smear)
 - Gallbladder problems
 - Red flush face

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- Premenstrual mood swings, depression
 - Breast swelling, fibrocystic breasts
 - Craving for sweets
 - Heavy or irregular menses
 - Sleep disturbances: insomnia or heavy fatigue
 - Uterine fibroid
 - Weight gain, fat deposition at hips, thighs, and abdomen
 - Acne, skin break-out
 - Water retention, edema

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- Hot flashes
 - Night sweats
 - Vaginal dryness
 - Foggy thinking
 - Memory lapses
 - Incontinence
 - Tearful
 - Depressed
 - Anxiety
 - Sleep disturbances (insomnia)
 - Heart palpitations
 - Water retention
 - Premenstrual syndrome
 - Early miscarriages

Name _____

Date _____

Please circle symptoms (including duplicate symptoms) and write down mild / moderate or severe next to each of the symptoms.

- Cyclical headaches
- Painful or lumpy breasts
- Infertility
- Sleepiness
- Breast swelling and/or tenderness]
- Decreased libido
- Mild depression

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- Low libido
 - Vaginal dryness
 - Foggy thinking
 - Fatigue
 - Aches/pains
 - Memory lapses
 - Incontinence
 - Depressed
 - Sleep disturbances
 - Bone loss
 - Decreased muscle mass
 - Thinning skin
 - Lack of assertiveness

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- Excessive facial/bddy hair
 - Thinning hair in the scalp
 - Increased acne
 - Oily skin
 - Increased aggressiveness
 - Ovarian cysts
 - Polycystic ovary syndrome (PCOS)
 - Hypoglycemia and/or unstable blood sugar
 - infertility
 - Mid-cycle pain

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- Acne and oily skin
 - Hirsutism
 - Alopecia
 - Clitoromegaly in women

Name _____ Date _____

Please circle symptoms (including duplicate symptoms) and write down mild / moderate or severe next to each of the symptoms.

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- Decline in energy, strength, and stamina
 - Lean body mass replaced by fat/ Central obesity
 - Neck/shoulder pains, stiffness, aching joints
 - First appearance of gray hair, wrinkles, and sagging skin
 - Decrease in libido and sex function
 - Appearance of health changes-HBP, Cholesterol increases, Diabetes
 - Change in "aggressiveness" toward job and non-occupational activities
 - Unexplained depression
 - Decreased short term memory

Mental-Fatigue (especially in AM)

- Apathy
- Memory and concentration problems
- Slow thinking
- Depression
- Irritability, and anxiety
- Headaches (migraine and tension)
- "Brain fog"

Physical

- Cold intolerance
- Dry skin
- Hair loss
- Weight gain
- Constipation
- Joint and muscle pains
- Menstrual disturbances, PMS
- Sleep Disturbances