



Hormone Checklist ROS

0 = no symptoms 1= mild 2 = moderate 3 = severe

▲ E = estrogen ▲ P = progesterone ▲ T = testosterone ▲ C = Cortisol ▲ TH = thyroid

Date	Hormone Relationship	Patient Symptom score
Anxiety	↑E ↓P ↓E ↑C ↓TH	
Arthritis	↓T ↓P	
Bladder Symptoms	↓E ↓T	
♀ Breakthrough Bleeding	↓P	
Breast Tenderness	↑E ↓P	
Constipation	↓TH	
Cramps	↓P	
Decreased enjoyment of life	↑E ↓P ↓T ↓	
Decreased strength or endurance	↓T ↓TH	
Decreased Sex Drive	↑↓E ↓P ↓T ↑↓C ↓TH	
Decreased ability to play sport	↓T ↓TH	
Decreased in work performance	↓E ↓T ↓P ↓TH	
Depression	↑↓P ↑C ↓E ↑↓T ↓TH	
Dry Skin/ Hair	↓E ↓TH	
♂ Erectile Dysfunction	↓T	
Fatigue	↑P ↓TH ↓T ↑↓C ↑↓E	
Fibrocystic breast	↑E ↓P	
Fluid Retention	↑E ↓P	
Harder to reach Climax	↓T ↓E ↓P	
Hair Loss	↑T ↑↓TH ↑↓E ↑↓P ↑C	
Headaches	↑↓E ↑↓P ↓T ↑C ↓TH	
♀ Heavy/Irregular menses	↑E ↓P	
Hot flashes	↑↓E ↓P ↓T	
Irritability	↑E ↑↓P ↑T ↓C	
Loss of Memory	↑↓E ↑↓P ↓T ↑C ↓TH	
Loose Stools		
Night Sweats	↑↓C ↓E	
Mood Swings	↑E ↓P	
Sleep Disturbance	↑↓T ↓P ↓E ↑C	
Stomach pain		
♀ Vaginal Dryness	↓E ↓T	
Weakness/muscular	↓T ↓P	
Weight gain	↑E ↓P ↓TH	
Weight loss		