

# Symptom Worksheet For Hormone Imbalance or Deficiency

If you are experiencing any of the following symptoms, you may have a hormonal imbalance or deficiency. If left untreated, a hormone imbalance can cause serious medical conditions. Please indicate on a scale of 1-10, with 10 being the most severe, any symptoms you are experiencing.

Rating	Woman	Rating	Men
	Irritability		Thinning Hair On Beard
	Fatigue		Thinning Hair Over Body
	Depression		Low Sexual Drive
	Headaches		Disturbed Sleep
	Hot Flashes		Depression
	Night Sweats		Prostate Enlargement
	Forgetfulness		Muscle Weakness
	Weight Gain		Fatigue
	Insomnia		Irritability
	Joint Pain / Backache		Thinning Skin
	Palpitations		Slow Wound Healing
	Crying Spells		Poor Concentration / Memory Lapses
	Loss of Bladder Control		Abdominal Weight Gain
	Burning or Pain Upon Urination		Loss of Interest in Surroundings
	Vaginal Dryness		Night Sweats
	Low Sexual Drive		Loss of Bladder Control
	Decreased Sexual Activity		Palpitations
	Loss or Thinning of Hair		Insomnia
	Other, Please Explain on Back		Other, Please Explain on Back

### Additional Information:

For Women		For Men	
Date of Last Pap Smear:		Date of Last PSA Exam:	
Date of Last Mammogram:		Date of Last Prostate Exam:	
Date of Last Period:			
Number of Days in Monthly Cycle:			

Please PRINT Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please feel free to fax me at 480-575-0541 for a free evaluation.

Thanks, Rudy!