

KEY TO HORMONE SYMPTOMS EVALUATION

Fibrocystic Breast	↑↓	E	↓	P						
Weight Gain	↑↓	E	↓	P						
Heavy/Irregular menses	↑↓	E	↓	P						
Hot Flashes	↓	E	↑↓	E	↓	P				
Dry Skin/Hair	↓	E								
Anxiety	↑↓	E	↓	P	↓	E				
Depression	↓	E	↑	P	↓	T	↑	C	↓	TH
Night Sweats	↓	E	↑	C						
Vaginal Dryness	↓	E	↓	T						
Headaches	↑↓	E	↑↓	P	↓	T				
Irritability	↑↓	E	↑↓	P						
Mood Swings	↑↓	E	↓	P						
Breast Tenderness	↓	P	↑	E						
Sleep Disturbances/Insomnia	↓	P	↓	E	↑	T				
Cramps	↓	P								
Fluid Retention	↓	P	↑	E						
Breakthrough Bleeding	↓	P								
Fatigue	↓	T		TH	↑	P	↓	C		
Loss of Memory	↓	T	↓	E						
Bladder Symptoms	↓	E	↓	T						
Arthritis	↓	T	↓	P						
Harder to Reach Climax	↓	T	↓	E	↓	P				
Decreased Sex Drive	↓	T	↑	E	↓	C	↓	TH		
Hair Loss	↑	T	↑↓	TH	↑↓	E	↑↓	P		

E = Estrogen P = Progesterone T = Testosterone C = Cortisol TH = Thyroid

↑ = High ↓ = Low ↑↓ = Fluctuating Levels