

BHRT PATIENT SYMPTOM SHEET

Fill out once per week or with each dosage increase

	date																		
Estrogen																			
Hot Flashes																			
Vaginal Dryness																			
Dry Skin / Hair																			
Bladder Symptoms																			
Loss of Memory																			
Progesterone																			
Difficult Sleeping																			
Fatigue, ↓energy																			
Irritability/Mood Swings																			
Poor Concentration																			
Depressed / Unhappy																			
Breast Tenderness																			
Bloating / Weight Gain																			
Anxiety																			
Headaches																			
Night Sweats																			
Testosterone																			
Decreased Libido																			
Diminished Well Being																			
Day of Cycle																			
Dose of Progesterone																			
<i>^^ Many symptoms are caused by a combination of more than one hormone.</i>																			
Absent (0)	Mild (1)	Moderate (2)		Severe (3)															



Name: _____