

# BHRT PATIENT SYMPTOM SHEET

Fill out once per week or with each dosage increase

	date																		
<b>Estrogen</b>																			
Hot Flashes																			
Vaginal Dryness																			
Dry Skin / Hair																			
Bladder Symptoms																			
Loss of Memory																			
<b>Progesterone</b>																			
Difficult Sleeping																			
Fatigue, ↓energy																			
Irritability/Mood Swings																			
Poor Concentration																			
Depressed / Unhappy																			
Breast Tenderness																			
Bloating / Weight Gain																			
Anxiety																			
Headaches																			
Night Sweats																			
<b>Testosterone</b>																			
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: \_\_\_\_\_

### MALE BHRT PATIENT SYMPTOM SHEET

Fill out once per week or with each dosage increase.

	Date									
Decreased Libido										
Hair Loss										
Depressed/Low Mood										
Memory/Concentration										
Reduced Muscle Strength										
Fatigue/Low Energy										
Reduced Endurance										
Hot Flashes/Night Sweats										
Low Motivation										
Anxiety										
ED										
Excess Fat Deposits										
- Upper Body										
- Lower Body										
Poor Sleep										
Absent (0)	Mild (1)	Moderate (2)	Severe (3)							

LOW TESTOSTERONE ASSOCIATED WITH:

- |                                 |                           |                                   |
|---------------------------------|---------------------------|-----------------------------------|
| Increased CV Risk and Mortality | * Obesity/Type 2 Diabetes | * Comorbid Diseases               |
| * High Grade Prostate Cancer    | * COPD                    | * High Blood Pressure/Cholesterol |
| * Inflammation                  | * Cognitive Decline       | * Autoimmune Conditions           |

NAME: \_\_\_\_\_

