

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: _____