

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

* High Grade Prostate Cancer

* Inflammation

* Obesity/Type 2 Diabetes

* COPD

* Cognitive Decline

* Comorbid Diseases

* High Blood Pressure/Cholesterol

* Autoimmune Conditions

NAME: _____

