

Using Symptoms to Determine Which Hormones to Test

(For women only)

The following score sheet will help you to determine whether you need hormone testing. Each category is divided into hormone deficiency and hormone excess, as each has a different subset of symptoms. Circle the symptoms which apply to you as 0 (none), 1 (mild), 2 (moderate), or 3 (severe). If you score higher than 10 (combined deficiency and excess symptoms) in any hormone category it is worthwhile to test for that hormone.

Estrogens (Estradiol)

Estrogen Deficiency

- 1 2 3 Hot flashes
- 1 2 3 Night sweats
- 1 2 3 Vaginal dryness
- 1 2 3 Foggy thinking
- 1 2 3 Memory lapses
- 1 2 3 Incontinence
- 1 2 3 Tearful
- 1 2 3 Depressed
- 1 2 3 Sleep disturbances
- 1 2 3 Heart palpitations
- 1 2 3 Bone loss

Score _____

Estrogen Excess

- 1 2 3 Mood swings (PMS)
- 1 2 3 Tender breasts
- 1 2 3 Water retention
- 1 2 3 Nervous
- 1 2 3 Irritable
- 1 2 3 Anxious
- 1 2 3 Fibrocystic breasts
- 1 2 3 Uterine fibroids
- 1 2 3 Weight gain in hips
- 1 2 3 Bleeding changes
- 1 2 3 Headaches

Progesterone

Progesterone Deficiency

- 1 2 3 Hot flashes
- 1 2 3 Night sweats
- 1 2 3 Vaginal dryness
- 1 2 3 Foggy thinking
- 1 2 3 Memory lapses
- 1 2 3 Incontinence
- 1 2 3 tearful
- 1 2 3 Depressed
- 1 2 3 Sleep disturbances
- 1 2 3 Heart palpitations
- 1 2 3 Bone loss
- 1 2 3 Water retention

Score _____

Progesterone Excess (replacement therapy only)

- 1 2 3 Sleepiness
- 1 2 3 Breast swelling/tenderness
- 1 2 3 Decreased libido
- 1 2 3 Mild depression
- 1 2 3 Increased candida infections

Cortisol

Cortisol Deficiency

- 1 2 3 Fatigue
- 1 2 3 Sugar craving
- 1 2 3 Allergies
- 1 2 3 Chemical sensitivity
- 1 2 3 Stress
- 1 2 3 Cold body temperature
- 1 2 3 Heart palpitations
- 1 2 3 Aches/pain
- 1 2 3 Arthritis

Score _____

Cortisol Excess

- 1 2 3 Sleep disturbances
- 1 2 3 Depression
- 1 2 3 Bone loss
- 1 2 3 Fatigue
- 1 2 3 Weight gain in waist
- 1 2 3 Loss of muscle mass
- 1 2 3 Thinning skin

Androgens (DHEA and Testosterone)

Androgen Deficiency

- 1 2 3 Low libido
- 1 2 3 Vaginal dryness
- 1 2 3 Foggy thinking
- 1 2 3 Fatigue
- 1 2 3 Aches/pains
- 1 2 3 Memory lapses
- 1 2 3 Incontinence
- 1 2 3 Depressed
- 1 2 3 Sleep disturbances
- 1 2 3 Bone loss
- 1 2 3 Decreased muscle mass
- 1 2 3 Thinning skin

Score _____

Androgen Excess

- 1 2 3 Excessive facial/body hair
- 1 2 3 Loss of scalp hair
- 1 2 3 Increased acne
- 1 2 3 Oily skin