

Female Hormone Symptom Questions

Tick the following signs and symptoms you have experienced within the past 3 months.

OD

- Hot flushes
- Sleep disturbances
- Dry skin
- Foggy thinking
- Heart palpitations
- Painful intercourse
- Night Sweats
- Vaginal dryness / atrophy
- Headaches
- Memory lapses
- Yeast infections
- Depression
- Bone Loss

OE

- Water retention
- Breast swelling and tenderness
- Heavy, irregular menses (period)
- Fatigue
- Sugar craving
- Weight Gain
- Fibrocystic breasts (lumpy boobs)
- Mood swings
- Uterine fibroids
- Low thyroid symptoms – cold, fatigue
- Nervousness / anxiety / irritability
- Facial flushing

PD

- Swollen breasts
- Weight gain
- Headaches
- Low libido
- Anxiety
- Mood swings
- Irregular menses (period)
- Depression
- Cramping
- PMS
- Infertility
- Early miscarriage
- Foggy thinking
- Acne
- Joint pain

PE

- Sleepiness (Somnolence)
- Gastrointestinal bloating
- Mild depression
- Breast swelling
- Candida infection

TD

- Fatigue
- Mental fuzziness
- Memory problems
- Depression
- Low libido
- Poor concentration
- Muscle weakness
- Diminished feeling of wellbeing
- Heart palpitations
- Thinning skin
- Bone loss
- Vaginal dryness
- Incontinence
- General aches / pains
- Fibromyalgia

TE

- Acne
- Deepening of voice
- Irritability / moodiness
- Loss of scalp hair
- Male pattern hair growth
- PCOS
- Hypoglycaemia
- Ovarian cysts
- Insomnia