

Hormone Symptoms Score Test

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Name: _____

Date: _____

The following score sheet will help you to determine whether hormones testing is needed and which tests to order. Each category is divided into hormone deficiency and excess, as each has a different subset of symptoms. Score the symptoms which apply as 0 (none), 1 (mild), 2 (moderate), or 3 (severe). A total score of 10 or higher in any one category (deficiency and excess combined) indicates an area that needs testing.

ESTROGENS (ESTRADIOL)

Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Foggy Thinking
- Memory Lapses
- Incontinence
- Tearful
- Depressed
- Sleep Disturbances
- Heart Palpitation

Excess

- Mood Swings
- Tender Breasts
- Water Retention
- Nervous
- Irritable
- Anxious
- Fibrocystic Breast
- Uterine Fibroids
- Weight Gain in hips
- Bleeding Changes

TOTAL SCORE _____

ANDROGENS (DHEA-S AND TESTOSTERONE)

Deficiency

- Low Libido
- Vaginal Dryness
- Fatigue
- Aches/Pains
- Memory Lapses
- Depressed
- Sleep Disturbances
- Incontinence
- Bone Loss
- Decreased Muscle Mass
- Thinning Skin

Excess

- Excessive facial hair
- Excessive body hair
- Increased Acne
- Oily Skin
- Ovarian Cysts

TOTAL SCORE _____

PROGESTERONE

Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Foggy Thinking
- Memory Lapses
- Incontinence
- Tearful
- Depressed
- Sleep Disturbances
- Heart Palpitation
- Bone Loss

Excess

- Sleepiness
- Breasts Swelling
- Tender Breasts
- Decreased Libido
- Mild Depression
- Candida Infection

TOTAL SCORE _____

CORTISOL

Deficiency

- Fatigue
- Sugar Craving
- Allergies
- Chemical Sensitivity
- Stress
- Cold Body Temp.
- Heart Palpitations
- Aches/Pains
- Arthritis

Excess

- Sleep Disturbances
- Bone Loss
- Fatigue
- Weight Gain/Waist
- Loss of Muscle Mass
- Thinning Skin

TOTAL SCORE _____