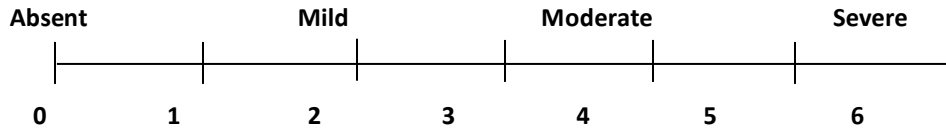


Female Hormone Health Survey

Rate the following list of symptoms using the following key:



Symptoms of Low Estrogen

- Dry skin, wrinkles brittle nails
- Heart palpitations
- Depression, often with anxiety
- Hot flashes or night sweats
- Inability to reach climax/Loss of libido
- Poor memory, fuzzy thinking
- Painful Intercourse/Vaginal Dryness
- Sleep disturbances
- Leaky or overactive bladder
- Urinary tract infections (UTI's)
- Achy joints
- Bone loss

Symptoms of Low Progesterone

- Anxiety or agitation
- Heavy or painful periods
- Irregular menses
- PMS
- Easily disturbed sleep
- Ovarian cysts, cystic breast, fibroids
- Swollen and/or painful breasts
- Bloating and water retention
- Cyclical headache (hormonal migraines)
- Clumsiness or loss of coordination
- Infertility, miscarriage in 1st trimester

Symptoms of Low Testosterone

- Blunted motivation
- Diminished feeling of well being
- Vaginal dryness
- Loss of muscle mass
- Decreased bone density
- Prolonged fatigue
- General aches and pains
- Muscle weakness
- Loss of libido
- Hot flashes
- Irritability, moody
- Sleep disturbance

Symptoms of Estrogen Excess (Dominance)

- Bloating, fluid retention
- Heavy or postmenopausal bleeding
- Rapid weight gain (hips, thighs, butt)
- enlarged breast (up a cup size)
- Mood swings, irritability
- Insomnia
- Brain fog
- Fibroids or endometriosis
- Headaches
- Gallbladder issues (or removal)
- Skin issues (Rosacea or Melasma)

Upon completion of your survey, discuss your current symptoms with your health care provider as the use of bio-identical hormone therapy is a very personalized decision based upon benefits and potential risks associated.