

*Insight Family Health Center*  
**MALE HORMONE IMBALANCE SYMPTOM CHECKLIST**

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please check ALL symptoms that you have now in EVERY category:**

**ESTROGEN DEFICIENCY**

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Hot flashes    | <input type="checkbox"/> Bone loss |
| <input type="checkbox"/> Night sweats   | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Apathy    |

**ESTROGEN EXCESS**

- |   |   |
|---|---|
| <input type="checkbox"/> Prostate problems      | <input type="checkbox"/> Headaches              |
| <input type="checkbox"/> Decreased urine flow   | <input type="checkbox"/> Low Libido             |
| <input type="checkbox"/> Increased urinary urge | <input type="checkbox"/> Irritable              |
| <input type="checkbox"/> Nervous                | <input type="checkbox"/> Anxious                |
| <input type="checkbox"/> Weight gain – hips     | <input type="checkbox"/> Elevated triglycerides |

**PROGESTERONE DEFICIENCY**

- |   |   |
|---|---|
| <input type="checkbox"/> Bone loss            | <input type="checkbox"/> Sleep disturbances     |
| <input type="checkbox"/> Decreased urine flow | <input type="checkbox"/> Increased urinary urge |
| <input type="checkbox"/> Prostate problems    | <input type="checkbox"/> Decreased libido       |

**PROGESTERONE EXCESS**

- |  |
|--|
| <input type="checkbox"/> Sleepiness      |
| <input type="checkbox"/> Mild depression |

**ANDROGEN DEFICIENCY**

- |   |   |
|---|---|
| <input type="checkbox"/> Low libido               | <input type="checkbox"/> Depressed              |
| <input type="checkbox"/> Decreased erections      | <input type="checkbox"/> Sleep disturbances     |
| <input type="checkbox"/> Fatigue                  | <input type="checkbox"/> Bone loss              |
| <input type="checkbox"/> Aches/pains              | <input type="checkbox"/> Decreased muscle mass  |
| <input type="checkbox"/> Foggy thinking           | <input type="checkbox"/> Thinning skin          |
| <input type="checkbox"/> Decreased flexibility    | <input type="checkbox"/> Decreased stamina      |
| <input type="checkbox"/> Heart palpitations       | <input type="checkbox"/> Decreased urine flow   |
| <input type="checkbox"/> Prostate problems        | <input type="checkbox"/> Increased urinary urge |
| <input type="checkbox"/> Decreased mental ability | <input type="checkbox"/> Burned out feeling     |
| <input type="checkbox"/> Arthritis                |   |

**ANDROGEN EXCESS**

- |   |
|---|
| <input type="checkbox"/> Loss of scalp hair |
| <input type="checkbox"/> Acne               |
| <input type="checkbox"/> Oily skin          |
| <input type="checkbox"/> Aggression         |
| <input type="checkbox"/> Irritable          |
| <input type="checkbox"/> Anxious            |

**CORTISOL DEFICIENCY**

- |   |  |
|---|--|
| <input type="checkbox"/> Fatigue            | <input type="checkbox"/> Sugar cravings          |
| <input type="checkbox"/> Allergies          | <input type="checkbox"/> Chemical sensitivities  |
| <input type="checkbox"/> Stress             | <input type="checkbox"/> Cold body temperature   |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Aches/pains             |
| <input type="checkbox"/> Arthritis          | <input type="checkbox"/> Decreased concentration |

**CORTISOL EXCESS**

- |   |  |
|---|--|
| <input type="checkbox"/> Sleep disturbances     | <input type="checkbox"/> Anxiety                 |
| <input type="checkbox"/> Bone loss              | <input type="checkbox"/> Tired but wired feeling |
| <input type="checkbox"/> Weight gain – waist    | <input type="checkbox"/> Low libido              |
| <input type="checkbox"/> Loss of muscle mass    | <input type="checkbox"/> Increased forgetfulness |
| <input type="checkbox"/> Thinning skin          | <input type="checkbox"/> Depressed               |
| <input type="checkbox"/> Elevated triglycerides | <input type="checkbox"/> Irritable               |

**THYROID DEFICIENCY**

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Tired or exhausted    | <input type="checkbox"/> Difficult to concentrate | <input type="checkbox"/> Nails breaking/brittle | <input type="checkbox"/> Infertility problems |
| <input type="checkbox"/> Sad or depressed      | <input type="checkbox"/> Mood changes             | <input type="checkbox"/> Aches/pains            | <input type="checkbox"/> Slowed reflexes      |
| <input type="checkbox"/> Cold body temperature | <input type="checkbox"/> Swelling/puffy eyes/face | <input type="checkbox"/> Low libido             | <input type="checkbox"/> Constipation         |
| <input type="checkbox"/> Cold hands & feet     | <input type="checkbox"/> High cholesterol         | <input type="checkbox"/> Heart palpitations     | <input type="checkbox"/> Thick tongue         |
| <input type="checkbox"/> Weight gain           | <input type="checkbox"/> Low blood pressure       | <input type="checkbox"/> Sleep disturbances     | <input type="checkbox"/> Slow ankle reflex    |
| <input type="checkbox"/> Can't lose weight     | <input type="checkbox"/> Slow pulse rate          | <input type="checkbox"/> Bone loss              | <input type="checkbox"/> Hoarseness           |
| <input type="checkbox"/> Memory lapses         | <input type="checkbox"/> Decreased sweating       | <input type="checkbox"/> Decreased muscle mass  | <input type="checkbox"/> Thinning skin        |
| <input type="checkbox"/> Forgetful             | <input type="checkbox"/> Hair dry or brittle      | <input type="checkbox"/> Hair loss              |   |