

## KEY TO HORMONE SYMPTOMS EVALUATION

Fibrocystic Breast	↑	E	↓	P						
Weight Gain	↑	E	↓	P	↓	TH				
Heavy/Irregular menses	↑	E	↓	P						
Hot Flashes	↓	E	↑↓	E	↓	P				
Dry Skin/Hair	↓	E								
Anxiety	↑	E	↓	P	↓	E				
Depression	↓	E	↑	P	↓	T	↑	C	↓	TH
Night Sweats	↓	E	↓↑	C						
Vaginal Dryness	↓	E	↓	T						
Headaches	↑↓	E	↓↑	P	↓	T	↓	TH		
Irritability	↑	E	↑↓	P						
Mood Swings	↑	E	↓	P						
Breast Tenderness	↑	E	↓	P	↑	P				
Sleep Disturbances/Insomnia	↓	P	↓	E	↑	T				
Cramps	↓	P								
Fluid Retention	↓	P	↑	E						
Breakthrough Bleeding	↓	P								
Fatigue	↓	T	↓	TH	↑	P	↓	C		
Loss of Memory	↓	T	↓	E						
Bladder Symptoms	↓	E	↓	T						
Arthritis	↓	T	↓	P						
Harder to Reach Climax	↓	T	↓	E	↓	P				
Decreased Sex Drive	↓	T	↑	E	↓	C	↓	TH		
Hair Loss	↑	T	↑↓	TH	↓↑	E	↓↑	P		

E=Estrogen    P=Progesterone    T=Testosterone    C=Cortisol    TH=Thyroid

↑=Caused by High Level

↓=Caused by Low Level

↑↓=Caused by Fluctuating Levels

Represents the most common causes of symptoms, as far as Progesterone, Estrogen, Testosterone and Thyroid only, and is not totally inclusive of all possible causes.