

UDMPC Bioidentical Hormone History

Name _____ Age _____

Your Primary Care Physician _____

Your OB/GYN _____

Are you still having Menstrual Cycles? Yes No

If yes, approximate date of last period (day you started menstruating)

Have you had a hysterectomy? _____ If yes, do you still have your ovaries? _____

What hormones are you currently taking (including birth control)

Please list your other medications:

What vitamin supplements are you currently taking:

What other medical problems are you being treated for:

If menstruating, do you suffer from PMS? If yes, please list your major symptoms and past treatments (if any)

At what approximate day in your cycle do these symptoms start? _____

How many days weekly do you exercise? _____ for how long? _____

How many servings of fruit/ vegetables do you eat each day on average? _____

Rate your overall current stress level on scale of 1-10 (1 none/10 worst) _____

Hormone Imbalance Symptoms List

*Please check the symptoms that you are frequently experiencing:

Estrogens

Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Foggy Thinking
- Memory Lapses
- Bladder Leakage
- Tearfulness
- Depressed
- Sleep Disturbances
- Heart Palpitations
- Bone Loss (Osteoporosis)
- Dry Skin or Brittle Nails

Excess

- Mood Swings
- Breast Tenderness
- Fluid Retention
- Nervousness
- Irritable
- Anxiety
- Weight Gain in Hips
- Feeling Cold
- Fatigue
- Fibrocystic Breasts
- Joint Pain
- Decreased Sex Drive
- Headaches

Progesterone

Deficiency

- Mood Swings
- Breast Tenderness
- Fluid Retention
- Irritability
- Hot Flashes
- Night Sweats
- Feeling Cold
- Decreased Sex Drive
- Heavy Menstrual Bleeding
- Weight Gain in Hips
- Fatigue
- Headaches
- Sleep Disturbance
- Hair Loss

Excess

- Sleepiness
- Nausea
- Breast Swelling
- Depression

Androgens (DHEA & Testosterone)

Deficiency

- Decreased Sex Drive
- Vaginal Dryness
- Foggy Thinking
- Fatigue
- Aches/Pains
- Memory Lapses
- Depression
- Sleep Disturbances

Excess

- Excessive Facial Hair
- Increased Acne
- Oily Skin
- Loss of Scalp Hair
- Weight Gain

Cortisol

Deficiency

- Fatigue
- Worsening Allergies
- Feeling Cold
- Aches/Pains
- Morning Sluggishness
- Increased Infections

Excess

- Weight Gain in Waist
- Increased Acne
- Decreased Sex Drive
- Loss of Muscle Mass
- Thinning Skin
- Impaired Memory
- Fatigue

What are you 3 most troublesome symptoms?

1. _____
2. _____
3. _____