

BHRT CHECKLIST FOR WOMEN

Name: _____

Date: _____

E-Mail Address: _____

Phone _____

Symptom (please check mark)

Never

Mild

Moderate

Severe

Depressive mood

(feeling down/sad/lack of drive)

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Memory Loss

(forgetfulness)

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Mental confusion

(feeling in a mental fog)

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Decreased sex drive/libido

(decreased desire for sex)

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Sleep problems

(difficulty falling/staying asleep/wake up tired)

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Mood changes/Irritability

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Tension

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Migraine/severe headaches

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Difficult to climax sexually

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Bloating

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Weight gain

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Breast tenderness

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Vaginal dryness

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Hot flashes

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Night sweats

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Dry and Wrinkled Skin

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Hair is Falling Out

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Cold all the time

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Swelling all over the body

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Joint pain

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Other symptoms that concern you:
