

Female HRT Symptoms

Please mark an X in the appropriate box corresponding to your symptom severity

SYMPTOMS	NONE	MILD	MODERATE	SEVERE
Hot Flashes				
Night Sweats				
Vaginal Dryness				
Incontinence				
Foggy Thinking				
Memory Lapse				
Tearful				
Depressed				
Heart Palpitations				
Bone Loss				
Sleep Disturbed				
Headaches				
Aches and Pains				
Fibromyalgia				
Morning Fatigue				
Evening Fatigue				
Allergies				
Sensitive to Chemicals				
Stress				
Cold Body Temperature				
Sugar Craving				
Elevated Triglycerides				
Weight Gain - Waist				
Decreased Libido				
Loss Scalp Hair				
Increase Facial or Body hair				
Acne				
Mood Swings				
Tender Breasts				
Bleeding Changes				
Nervous				
Irritable				
Anxious				
Water Retention				
Fibrocystic Breasts				
Uterine Fibroids				
Weight Gain - Hips				
Decreased Stamina				
Decreased Muscle Size				
Rapid Aging				
High Cholesterol				
Swelling or Puffy Eyes/Face				
Slow Pulse Rate				
Decreased Sweating				
Hair Dry or Brittle				
Thinning Skin				
Infertility Problems				
Constipation				
Rapid Heartbeat				
Hearing Loss				
Goiter				
Hoarseness				
Increased Urinary Urge				
Low Blood Sugar				
High Blood Pressure				
Low Blood Pressure				

Female HRT Symptoms

Numbness - Feet or Hands				
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