

Koshland Pharm

Custom Compounding Pharmacy

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Checklist for Symptoms of Hormone Imbalance in Women

The following checklist can be used to help you and your healthcare provider determine specific symptoms of hormone imbalance.

Category 1: Basic Hormone Imbalance

- | | | |
|---|--|---|
| <input type="checkbox"/> Hot Flashes | <input type="checkbox"/> Acne | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Mood swings (PMS) | <input type="checkbox"/> Heavy menses | <input type="checkbox"/> Bone loss |
| <input type="checkbox"/> Urinary incontinence | <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Night Sweats | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Thinning skin |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Depressed Mood | <input type="checkbox"/> Uterine fibroids |
| <input type="checkbox"/> Cystic ovaries | <input type="checkbox"/> Fibrocystic breasts | <input type="checkbox"/> Increased body/facial hair |
| <input type="checkbox"/> Vaginal dryness | | |

Category 2: Adrenal Hormone Imbalance

- | | | |
|---|--|---|
| <input type="checkbox"/> Aches and pains | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Autoimmune illness |
| <input type="checkbox"/> Elevated triglycerides | <input type="checkbox"/> Blood sugar imbalance | <input type="checkbox"/> Chronic illness |
| <input type="checkbox"/> Morning Fatigue | <input type="checkbox"/> Infertility | <input type="checkbox"/> Evening fatigue |
| <input type="checkbox"/> Bone loss | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Susceptibility to infections |
| <input type="checkbox"/> Sleep disturbances | <input type="checkbox"/> Allergic conditions | |
| <input type="checkbox"/> Depression | | |

Category 3: Thyroid Hormone Imbalance

- | | | |
|--|---|---|
| <input type="checkbox"/> Aches and pains | <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Brittle nails | <input type="checkbox"/> Feel cold all the time | <input type="checkbox"/> Thinning hair |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Menstrual irregularities |
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Low libido | <input type="checkbox"/> Elevated cholesterol |
| <input type="checkbox"/> Cold hands and feet | <input type="checkbox"/> Inability to lose weight | |
| <input type="checkbox"/> Headaches | | |
| <input type="checkbox"/> Infertility | | |
| <input type="checkbox"/> Fatigue | | |

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