

PATIENT CHECKLIST FOR SYMPTOMS OF HORMONE IMBALANCE

For Men

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

Category 1: Basic Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time.

- | | | | |
|---|---|---|--|
| ☐ Burned out feeling | ☐ Irritable | ☐ Insomnia | ☐ Decreased urine flow |
| ☐ Hot flashes | ☐ Erectile dysfunction | ☐ Increased urinary urge | ☐ Decreased stamina |
| ☐ Weight gain waist | ☐ Prostate problems | ☐ Infertility problems | ☐ Sleep disturbances |
| ☐ Decreased libido | ☐ Decreased mental sharpness | ☐ Oily skin | ☐ Decreased muscle mass |
| ☐ Night sweats | | ☐ Apathy | |

Number selected _____

Category 2: Adrenal Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time.

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|---|---|--|---|
| ☐ Aches and pains | ☐ Elevated triglycerides | ☐ Morning fatigue | ☐ Bone loss |
| ☐ Sleep disturbances | ☐ Depression | ☐ Anxiety | ☐ Blood sugar imbalance |
| ☐ Infertility | ☐ Lack of motivation | ☐ Allergic conditions | ☐ Autoimmune illness |
| ☐ Chronic illness | ☐ Prostate problems | ☐ Weight gain waist | ☐ Fibromyalgia |
| ☐ Stress | ☐ Evening fatigue | ☐ Decreased erections | ☐ Susceptibility to infections |

Number selected _____

Category 3: Thyroid Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time.

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|---|--------------------------------------|--|---|
| ☐ Low libido | ☐ Depression | ☐ Cold body temperature | ☐ Decreased erections |
| ☐ Foggy thinking | ☐ Infertility | ☐ Headaches | ☐ Sleep disturbances |
| ☐ Constipation | ☐ Fatigue | ☐ Lack of motivation | ☐ Inability to lose weight |
| ☐ Elevated cholesterol | | | |

Number selected _____