

Symptoms	None	Mild	Moderate	Severe
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Hot Flashes				
Night Sweats				
Vaginal Dryness				
Incontinence				
Irregular Periods				
Uterine Fibroids				
Water Retention				
Tender Breasts				
Fibrotic Breasts				
Increased Forgetfulness				
Foggy Thinking				
Tearful				
Depression				
Mood Swings				
Stress				
Morning Fatigue				
Evening Fatigue				
Difficulty Sleeping				
Decreased Stamina				
Anxious				
Irritability				
Nervousness				
Ringing Ears				
Fibromyalgia				
Allergies				
Headaches				
Sugar Cravings				
Dizzy Spells				
Cold Body Temp				
Goiter				
Hoarseness				
Dry/Brittle Hair				
Dry/Brittle Nails				
Constipation				
Slow Pulse Rate				
Rapid Heartbeat				
Infertility Problems				
Acne				

Symptoms	None	Mild	Moderate	Severe
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Increased Facial Hair				
Hair loss				
Weight Gain Hips				
Weight Gain Waist				
High Cholesterol				
Elevated Triglycerides				
Decreased Libido				
Decreased Muscle Mass				
Thinning Skin				
Rapid Aging				
Aches and Pains				
Bone Loss				

Patient Name

Date

Patient Signature