

**For**

**MURRAY INTERNAL MEDICINE, P.C.  
&  
CONASAUGA WELLNESS**

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## **Are your Hormones Out of Balance?**

### **Symptom Assessment for Women**

Use each of the following checklists to determine your symptoms of hormone imbalance.

#### **Female Hormone Imbalance Symptoms**

Note which of the following symptoms are troublesome and/or persist over time:

Hot Flashes	Mood swings (PMS)	Urinary incontinence
Night sweats	Heart palpitations	Fluid Retention
Vaginal dryness	Acne	Heavy menses
Foggy thinking	Weight gain	Depressed mood
Fibrocystic breasts/tenderness	Irritability	Increased facial/body hair
Headaches	Thinning skin	Uterine fibroids

#### **Adrenal Imbalance Symptoms**

Note which of the following symptoms are troublesome and/or persist over time:

Aches and pains	Elevated triglycerides	Hot flashes
Bone loss	Sleep disturbances	Depression
Low blood pressure	Blood sugar imbalance	Sugar cravings
Nervousness	Allergic conditions	Autoimmune illness
Frequent upper respiratory infections	Fatigue after rest	Hives/Itching

#### **Thyroid Imbalance Symptoms**

Note which of the following symptoms are troublesome and/or persist over time:

Aches and pains	Anxiety	Brittle nails
Depression	Dry or oily skin	Cold hands and feet
Headaches	Infertility	Fatigue (worse late evenings)
Foggy thinking	Weight gain	Feeling cold all the time
Heart palpitations	Constipation	Inability to lose weight
Sleep disturbances	Thinner hair	Menstrual irregularities

## Are Your Hormones Out of Balance?

### Symptom Assessment for Men

Use each of the following checklists to determine your symptoms of hormone imbalance.

#### Male Hormone Imbalance Symptoms

Note which of the following symptoms are troublesome and/or persist over time:

Burned out feeling	Irritable	Insomnia
Decreased muscle mass	Stress	Increased urinary urge
Decreased mental sharpness	Weight gain - waist	Erectile dysfunction
Constipation	Decreased stamina	Decreased libido
Prostate problems	Infertility problems	Sleep disturbances
Hot flashes	Night sweats	Low blood pressure

#### Adrenal Imbalance Symptoms

Note which of the following symptoms are troublesome and/or persist over time:

Aches and pains	Elevated triglycerides	Fatigue after rest
Bone loss	Sleep disturbances	Depression
Anxiety	Blood sugar imbalance	Infertility
Lack of motivation	Allergic conditions	Autoimmune illness
Chronic illness	Weight gain waist	Susceptibility to infections
Muscle stiffness	Sugar cravings	Low blood pressure

### **Thyroid Symptoms**

Note which of the following symptoms are troublesome and/or persist over time:

Apathy	Depression	Cold body temperature
Decreased erections	Constipation	Infertility
Headaches	Sleep disturbances	Foggy thinking
Fatigue – especially evenings	Lack of motivation	Inability to lose weight
Hair loss	Dry skin	Constipation/Diarrhea