

Name \_\_\_\_\_ Date \_\_\_\_\_

## Estrogen Deficiency

### SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DEFICIENCY

(Circle any symptoms you have)

Hot flashes	Night sweats	Vaginal dryness
Mood swings (mostly irritability and depression)	Mental fuzziness	Vaginal and/or bladder infections
Incontinence; recurrent urinary tract infections	Vaginal wall thinning	Decreased sexual response
Vision changes	Trouble expressing thought	Memory loss
Low HDL	Decreased menstrual bleeding	Decreased fullness in breast
Wrinkling of skin	Losing track of thoughts	