

Name _____ Date _____

Progesterone Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF PROGESTERONE DEFICIENCY

(Circle any symptoms you have)

Abdominal bloating or swelling	Acne	Angry outbursts
Anxiety	Appetite changes, decreased/increased	Asthmatic attacks
Avoidance of social activities	Backache	Bladder irritation
Bleeding gums	Breast swelling/tenderness	Bruising
Clumsiness	Confusion	Conjunctivitis
Constipation	Cramps	Craving salty foods
Craving sweet foods	Crying spells	Decreased hearing
Decreased productivity at school or work	Decreased sex drive	Depression
Distractibility	Dizziness	Drowsiness
Dull abdominal pain	Eye pain	Facial swelling
Fatigue	Fear of going out alone (agoraphobia)	Fear of losing control
Finger swelling	Food sensitivity	Forgetfulness
Generalized aches and pains	Headaches	Herpes (cold sores)
Hives or rashes	Hot flashes	Increased alcohol consumption
Increased sensitivity to light	Increased sensitivity to noise	Inefficiency
Indecision	Insomnia	Irritability
Joint pains	Leg cramps	Leg swelling
Mood swings	Mouth sores	Muscle aches or tenderness
Nausea	Palpitations	Panic attacks
Poor coordination	Poor judgment	Poor memory
Post partum depression	Restlessness	Ringing in ears
Runny nose	Seizures	Sinusitis
Sore throat	Spots in front of eyes	Suspiciousness
Tearfulness	Tension	Tingling in hands and feet
Tremors	Visual changes	Vomiting