

PERSONAL SYMPTOM CHART

When considering whether or not to begin hormone therapy, a Personal Symptom Chart can be a useful tool for you and your healthcare provider. Charting symptoms on a daily basis will help show the pattern and severity of your symptoms and their relationship to your menstrual cycle or menopause. The chart is also a useful tool for recording and evaluating changes in your symptoms after beginning a program of hormone therapy. For greatest accuracy, we recommend you set aside a specific time to complete your chart each day. Rate the level at which you experience each symptom, using the scale of: **1 – Mild 2 – Moderate 3 – Severe**

If you do not experience the symptom at all, leave the box blank. After you've carefully charted your symptoms for four or more weeks, discuss your findings with your healthcare provider. Together, you'll be able to see if there is a pattern and discuss treatment options.

And remember — if you have questions, we are always happy to help. Call us at 800.558.7046 M – F 8 am – 5:30 pm CST

PERSONAL SYMPTOM CHART		PATIENT NAME _____																													
1-MILD 2-MODERATE 3-SEVERE		DATE _____																				YEAR _____									
DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Food cravings – carbs/salty/sweet																															
Headaches or migraine																															
Breasts tender/sore/swollen																															
Rapid changes in mood																															
Low back and/or joint pain																															
Warm/flushed skin																															
Bloating/water retention																															
Fatigue/tired																															
Anxiety																															
Weight gain																															
Irritability/anger																															
Muscle weakness																															
Depression																															
Nervousness																															
Lack of energy/endurance																															
Acne/oily skin																															
Rapid/irregular heartbeat																															
Forgetfulness																															
Hot flashes/night sweats																															
Vaginal dryness/pain/itching																															
Trouble controlling urine/leaking																															
Lack of sex drive/libido																															
Difficulty falling/staying asleep																															
Foggy thinking																															
Weight loss																															
Hand tremors																															
Decreased focus/attention																															
Heavy or irregular periods																															

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