

**MIGUEL GONZALEZ, MD, FCCP, FACP**

303 S. Moorpark Road Thousand Oaks, Ca 91360

(805) 497-7508 Fax: (805) 495-6834

## HRT- Hormone Replace Therapy

This is a tool provided to help us understand your condition and how best to proceed in improving your symptoms. Please find your symptoms below and indicate on a scale of 0-10 the severity that you are experiencing the symptoms, with 10 being the most severe.

**Example:**  5  Night sweats

### Symptoms of Estrogen

#### **Deficiency:**

- Hot flashes
- Warm rushes
- Night sweats
- Temperature swings
- Mental fogginess
- Headaches
- Forgetfulness
- Migraines
- Dry vagina
- Dry eyes and skin
- Loss of glow
- Pain during intercourse
- Sleep disturbances
- Racing mind at night
- Fatigue & low stamina
- Diminished sense of sensuality & libido
- Sense of intestinal bloating
- Weight gain, especially thighs, hips & gluteus
- Back and joint pain
- Palpitations
- Frequent urination and urgency (especially at night)

### Symptoms of Testosterone

#### **Deficiency**

- Diminished libido
- Loss of sense of security
- Diminished energy & stamina
- Loss of muscle mass & weakness (flabbiness)
- Loss of pubic hair and/or armpit hair

### Symptoms of DHEA deficiency

- Dry skin
- Dry hair
- Dry eyes
- Flabby belly
- Pubic fat
- Persisting fatigue, depression or anxiety
- Hypersensitivity to noise

### Symptoms of excess Progesterone: Estrogen Dominance due to

Waking up groggy or edgy

Drowsiness

Depression

Water retention (hands and legs)

Slight dizziness

Physical instability

Off balance or spinning

### Progesterone deficiency:

PMS

Fibroids (Benign tumor in womb)

Endometriosis

Breast tenderness & pain

Breast lumps & cysts

### Symptoms of excess Estrogen

Breast tenderness

Increased in breast size

Nipple sensitivity and/or itchiness

Breast and nipple pain

Water retention (hands and legs)

Impatience

Pelvic cramps

General discomfort

### Symptoms of DHEA excess

Excess body odor

Acne

Excessive oily skin

Excessive hair growth

If any of your symptoms have improved with therapy please indicate in a percentage the improvement form 0%-100%.

**Example:**  20%  Improved libido

### Improvements with adequate therapy :

Improved sleep

Relaxation & Mood improvements

Decrease water retention

Regular cycle (if still menstruating)

Reduced breast tenderness

Improved libido