

HORMONE HEALTH CLINIC SYMPTOM SURVEY



MINTER
HORMONE HEALTH

Many symptoms of hormone deficiency are very vague and hard to pinpoint. Use this symptom checker to identify which of these symptoms apply and to what extent they impact life.

SYMPTOMS	RATING SCALE			
	None / Not at all	Mild / A little	Moderate / Quite a bit	Severe / Extremely
Heart beating quickly and strongly or sensation of butterflies in chest or stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tense or nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty sleeping (getting to sleep or staying asleep)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excitable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attacks of panic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired or lacking in energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of interest in most things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling unhappy or depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling more anxious than normal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood swings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crying spells	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling dizzy or faint	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pressure or tightness in head or body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parts of body feeling numb or tingling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle or joint pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of feeling in hands and feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breathing difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot flushes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweating at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of interest in sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dry / itchy skin / crawling sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Urinary symptoms: frequency, leakage, pain, burning, infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vaginal dryness, itching, pain, discomfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Uncontrollable wind or bowels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in menstrual cycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Menstrual cycle that impacts life due to flow or pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

OTHER SYMPTOMS

Plantar fasciitis - pain to the soles of the feet, worse in the AM

Tinnitus

Dry eyes

Achilles heel problems