

Hormonal Symptom Survey

Name _____

Date _____

Please mark an X by all symptoms you experience(d); please indicate when in your cycle these are true for you:

Abdominal bloating	Flashing lights in vision
Abdominal cramping/pain	Frequent urination
Abnormal menses	Giddiness
Absence of menses	Hair increase
Acne	Hair loss
Acute myocardial infarction (heart attack)	Headache
Adenomyosis (internal uterine endometriosis)	Hearing changes
Adrenal Changes (as diagnosed by physician)	Hepatoma & malignant liver tumor
Amenorrhea (no periods/no menses)	High blood sugar
Anxiety	High blood pressure
Androgen sensitivity (acne, oily skin, male hair growth)	Hot feelings
Appetite increase	Hot flushes
Bloating	Hypertension
Blood clots	Hypoglycemia
Blurring of vision	Implants
Bone mass	Increase in Breast size
Breakthrough bleeding and spotting	Increased sex drive
Breast cancer	Insomnia
Breast lumps	Irregular menses
Breast pain	Insulin resistance
Breast size: decrease	Irritability
Breast swelling	Itching
Breath, shortness of	Jaundice
Brown patches on skin (chloasma/mask of pregnancy)	Laboratory test changes
Cardiovascular system symptoms	Lactation
Cerebrovascular accident(s) (stroke or TIA)	Leg pain, cramps & swelling
Cervical cancer	Leg pain, unilateral
Cervicitis	Libido change
Chest pain	Light headedness
Choleystitis/cholelithiasis (gall bladder diseases)	Listlessness
Cholestatic jaundice & purities (liver problems)	Lost vision
Cystic fibrosis	Low blood sugar
Decrease in sex drive	Lupus erythematosus
Depression	Melanoma
Diabetes mellitus (type I)	Menses, heavy
Dietary & exercise amenorrhea	Menopause
Diminished vision	Menstrual clots
Dizziness	Menstrual cramps
Double vision	Menstrual duration long
Duodenal & gastric ulcers	Menstrual spotting
Dysfunctional uterine bleeding	Menstruation late in cycle
Dysmenorrhea	Migraine headache
Edema	“Morning Sickness”
Emotional changes	Mouth sores
Endometriosis	Nausea/vomiting
Epilepsy	Numbness of arm or leg
Faintness	Oral lesions
Fatigue	Ovarian changes
Feet swelling	Ovarian dysgenesis (primary ovarian failure/Turner’s)
Fibrocystic breasts	Painful, urination

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pages 172-177

Adapted by Joyce J Penner, MN, RN – June 2010

Fibroids (leiomyomas)	Paralysis, bilateral
Paralysis, unilateral	Spotting and breakthrough bleeding (BTB)
Pins and needles feeling	Stomach pain
Polycystic ovaries	Surgery/hospitalization (management of OC during)
Post-pill amenorrhea	Swelling
Pregnancy-like feelings	Taste, sense of
Premature menopause	Telangiectasias (liver spots or spider nevi)
Premenstrual syndrome (PMS)	Thrombophlebitis
Premenstrual dysphoric disorder (PDD)	Thyroid changes
Progesterone sensitivity/deficiency	Tingling in hands or feet
Psychiatric disorders	Tiredness
Pulmonary embolism	Type II Diabetes
Rash	Ulcerative colitis and regional enteritis
Respiratory infections	Uterine changes
Rheumatoid arthritis	Vaginal changes or discharge
Restlessness	Visual changes
Seeing spots	Vomiting
Seizures	Weakness, general
Sexual drive changed	Weakness of an arm or leg
Shortness of breath	Weight decrease
Skin eruption	Weight increase
Sleepiness	
Smell, sense of	