



# Estrogen Deficiency



SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DEFICIENCY

(Circle any symptoms you have)

Hot flashes	Night sweats	Vaginal dryness
Mood swings (mostly irritability and depression)	Mental fuzziness	Vaginal and/or bladder infections
Incontinence; recurrent urinary tract infections	Vaginal wall thinning	Decreased sexual response
Vision changes	Trouble expressing thought	Memory loss
Low HDL	Decreased menstrual bleeding	Decreased fullness in breast
Wrinkling of skin	Losing track of thoughts	

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Estrogen Dominance



## SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DOMINANCE

(Circle any symptoms you have)

Attention Deficit Disorder	Allergies, including asthma, hives, rashes, sinus congestion	Anxiety, often with depression
Breast cancer	Breast tenderness	Autoimmune disorders such as lupus erythematosus and Hashimoto's thyroiditis and possibly Sjorgren's syndrome (dry mouth/dry eyes)
Calcium deposits	Cervical dysplasia (class 3 pap smear)	Cold hands and feet
Craving of sweets	Decreased sex drive	Depression with anxiety or agitation
Dry eyes	Early onset of menstruation	Endometrial (uterine) cancer
Fat gain, especially around the hips, thighs and back of arms	Fatigue	Fibrocystic breasts
Fluid retention	Gall bladder disease	Good skin
Headaches	Heavy menses	Hypoglycemia
Inability to lose weight	Increased blood clotting (increasing risk of strokes)	Increased HDL
Increased sensitivity to sight, sound or emotion	Infertility	Irritability
Insomnia	Large breast	Loss of scalp hair
Migraines	Mood swings	Palpitations
Panic attacks	Excessive vaginal bleeding	Water retention, bloating
Prostate cancer/enlarged prostate	Sluggish metabolism	PMS
Weight gain	Yeast infections	Symptoms of hypothyroidism with normal thyroid blood test
Insulin resistance or Type II diabetes	Hypoglycemia	

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Growth Hormone Deficiency



SIGNS, SYMPTOMS AND ASSOCIATIONS OF GROWTH HORMONE DEFICIENCY

(Circle any symptoms you have)

Permanent fatigue	Easy exhaustion when physically busy	Poor resistance to stress
Depression	Low resistance when staying up after midnight	Low self esteem
Sense of powerlessness	Poor sociability	Anxiety
Complacency	Emotional instability	Grumpy
Sagging cheeks	Wrinkled face	Pouches under the eyes
Loose skin folds under the chin	Drooping triceps	Floppy belly
Poor muscle tone	Wrinkled hands	Fatty cushions above the knees
Thinned skin or sagging skin	Obesity	Thin hair
Thin lips	Receding gum line	Trouble losing weight
Age over 40	Can't gain muscle with exercise	Feel old

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Hypothyroidism

## SIGNS AND SYMPTOMS RELATED TO HYPOTHYROIDISM

Dry hair or hair loss	Constipation	Heavy menstrual periods
Milky discharge from breasts	Joint aches and Pains	Sweating less
Brittle nails	Hoarse voice	Muscle cramps
Tingling or numbness in fingers or feet	Dry skin	Hearing becoming worse
Puffy eyes and face	Slow heartbeat	Cold intolerance
Experiencing stiffness	Weight gain of more than 5 lbs.	Feeling more fatigued
Skin becoming more coarse	Dry eyes/dry mouth	Baggy eyelids
Shortness of breath during mild exertion	Slow speech and movement	Sleep apnea
Low blood pressure	Decrease in memory	Problems swallowing
Carpal tunnel syndrome	Headaches and migraines	Uterine fibroids
Exaggerated PMS/menopause symptoms	Yellow skin in palms	Scalloped tongue
Increased cholesterol/triglycerides/LDL	Cold hands/feet	Yeast infections
Loss of outside 1/3 of eyebrows	Depression/Anxiety	Swelling of hands and feet
Infertility	Slow thinking	Miscarriages
Autoimmune disease (Rheumatoid Arthritis, Lupus, Crohn's, etc.)	Reliance on coffee or other stimulants	Low sex drive
Lumps in breast	Gum problems	Anemia
Redness in face with exercise	Raynaud's syndrome (Pain and blueing of fingers with exposure to cold)	Tongue biting
Tendonitis/Tennis elbow	Low endurance	Thick tongue
No energy for evening activities	Throat clearing	Cracking in skin of heels
Diabetes	Alopecia (patches of hair loss)	Premature graying of hair
Stroke	Blocked arteries	Polymyalgia
Vitiligo (loss of skin pigment)	High blood pressure	Low HDL

## Hypothyroidism continued

Manic depression	Dyslexia	Inability to lose weight with diet and exercise
Attention deficit disorder	Melasma (discoloration in face)	Excess ear wax
Oral temperature consistently below 98.5	Neck injury i.e. whiplash	Ligament tears
Family history of hypothyroidism or hyperthyrodism	Chronic infections	Skin problems (hives, psoriasis, eczema)
Post partum depression		

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Low Adrenals

SIGNS, SYMPTOMS AND ASSOCIATIONS OF LOW ADRENALS

(Circle any symptoms you have)

Infertility	Allergies or asthma that started as an adult	Joint pain
Frequent infections	Chronic fatigue	Fibromyalgia
Hypoglycemia (low blood sugar episodes)	Cravings for sweets	Shakiness relieved by eating
Dizziness	Moodiness	Recurrent infections that take a long time to resolve
A lot of stress in your life before your symptoms began	Low blood pressure	Dizziness upon first standing
Food craving or sensitivities	Post partum depression	Depression
PMS	Poor perspiration	Poor concentration
Irritability		

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# 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

# Progesterone Deficiency Continued

Runny nose	Seizures	Sinusitis
Sore throat	Spots in front of eyes	Suspiciousness
Tearfulness	Tension	Tingling in hands and feet
Tremors	Visual changes	Vomiting

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Yeast Overgrowth

## SIGNS, SYMPTOMS AND ASSOCIATIONS OF YEAST OVERGROWTH

### **HISTORY:**

(Answer Yes or No)

- \_\_\_ Have you taken tetracyclines or other antibiotics for acne for 1 month or longer?
- \_\_\_ Have you at any time in your life taken broad-spectrum antibiotics or other antibacterial medication for respiratory, urinary or other infections for 2 months or longer, or in shorter courses, 4 or more times in a 1-year period?
- \_\_\_ Have you taken a broad-spectrum antibiotic drug – even in a single dose?
- \_\_\_ Have you at any time in your life been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs?
- \_\_\_ Are you bothered by memory or concentration problems – do you sometimes feel spaced out?
- \_\_\_ Do you feel “sick all over” yet, despite visits to many different physicians, the causes haven’t been found?
- \_\_\_ Have you been pregnant?
- \_\_\_ Have you taken birth control pills?
- \_\_\_ Have you taken steroids orally, by injection or inhalation?
- \_\_\_ Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke symptoms?
- \_\_\_ Does tobacco smoke really bother you?
- \_\_\_ Are your symptoms worse on damp, muggy days or in moldy places?
- \_\_\_ Have you had athlete’s foot, ring worm, “jock itch” or other chronic fungus infections of the skin or nails?
- \_\_\_ Do you crave sugar?

### **Check the following symptoms you have:**

- |                                    |  |
|------------------------------------|--|
| ___ Fatigue or lethargy            | ___ Prostatitis                                  |
| ___ Feeling of being “drained”     | ___ Impotence                                    |
| ___ Depression or manic depression | ___ Loss of sexual desire or feeling             |
| ___ Numbness, burning or tingling  | ___ Endometriosis or infertility                 |
| ___ Muscle aches                   | ___ Cramps and/or other menstrual irregularities |

# Yeast Overgrowth Continued

- |  |   |
|--|---|
| <input type="checkbox"/> Muscle weakness or paralysis                          | <input type="checkbox"/> Premenstrual tension                                   |
| <input type="checkbox"/> Pain and/or swelling in joints                        | <input type="checkbox"/> Attacks of anxiety or crying                           |
| <input type="checkbox"/> Headache  | <input type="checkbox"/> Cold hands or feet, low body temperature               |
| <input type="checkbox"/> Abdominal pain  | <input type="checkbox"/> Hypothyroidism   |
| <input type="checkbox"/> Constipation and/or diarrhea                          | <input type="checkbox"/> Shaking or irritable when hungry                       |
| <input type="checkbox"/> Bloating, belching or intestinal gas                  | <input type="checkbox"/> Cystitis or interstitial cystitis                      |
| <input type="checkbox"/> Troublesome vaginal burning, itching or discharge     | <input type="checkbox"/> Drowsiness, including inappropriate drowsiness         |
| <input type="checkbox"/> Irritability  | <input type="checkbox"/> Incoordination   |
| <input type="checkbox"/> Frequent mood swings                                  | <input type="checkbox"/> Insomnia   |
| <input type="checkbox"/> Dizziness/loss of balance                             | <input type="checkbox"/> Pressure above ears...feeling of head swelling         |
| <input type="checkbox"/> Sinus problems...tenderness of cheekbones or forehead | <input type="checkbox"/> Tendency to bruise easily                              |
| <input type="checkbox"/> Eczema  | <input type="checkbox"/> Itching eyes   |
| <input type="checkbox"/> Psoriasis   | <input type="checkbox"/> Chronic hives (urticaria)                              |
| <input type="checkbox"/> Indigestion or heartburn                              | <input type="checkbox"/> Sensitivity to milk, wheat, corn or other common foods |
| <input type="checkbox"/> Mucus in stools                                       | <input type="checkbox"/> Rectal itching   |
| <input type="checkbox"/> Dry mouth or throat                                   | <input type="checkbox"/> Mouth rashes, including "white" tongue                 |
| <input type="checkbox"/> Bad breath  | <input type="checkbox"/> Foot, hair or body odor not relieved by washing        |
| <input type="checkbox"/> Nasal congestion or postnasal drip                    | <input type="checkbox"/> Sore throat  |
| <input type="checkbox"/> Laryngitis, loss of voice                             | <input type="checkbox"/> Cough or recurrent bronchitis                          |
| <input type="checkbox"/> Pain or tightness in chest                            | <input type="checkbox"/> Wheezing or shortness of breath                        |
| <input type="checkbox"/> Urinary frequency or urgency                          | <input type="checkbox"/> Burning on urination                                   |
| <input type="checkbox"/> Spots in front of eyes or erratic vision              | <input type="checkbox"/> Burning or tearing eyes                                |
| <input type="checkbox"/> Recurrent infections or fluid in ears                 | <input type="checkbox"/> Ear pain or deafness                                   |

Call Jodi at 806-353-1447 or Email [jodi@drfitt.com](mailto:jodi@drfitt.com)

Print out and fill out this page and all the forms listed in the Symptom Profile box on the home page and bring them with you to your appointment



# Testosterone Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF TESTSOTERONE DEFICIENCY

(Circle any symptoms you have)

Overall decreased sexual desire	Diminished vital energy and sense of well-being	Decreased sensitivity to sexual stimulation in the clitoris
Decreased sensitivity to sexual stimulation in the nipples	Overall decreased arousability and capacity for orgasm	Thinning and loss of pubic hair
Osteoporosis	Depression	Decreased morning erections
Decrease in stiffness of erections	Difficulty maintaining erections	Mental fatigue
Complacency	Loss of initiative	Decreased interest in hobbies
Crying spells	Poor muscle tone	Inability to grow muscle
Poor stamina	High cholesterol	Increased breast tissue in males
Night sweats	Poor memory	Decreased sexual thoughts