



# 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