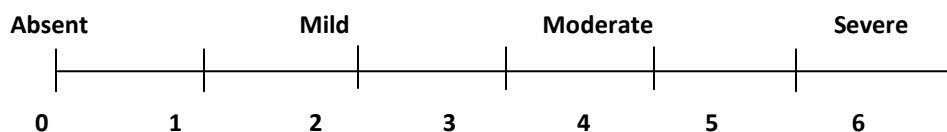


Dr. June E. Stevens
Naturopathic Heart Institute of Tucson
Phone: (520) 326-0850 Fax: (520) 326-0849
2802 N. Alvernon Way, Suite # 200
Tucson, AZ 85712

Female Hormone Health Survey

Rate the following list of symptoms using the following key:



Symptoms of Low Estrogen

- Dry Skin
- Heart Palpitations
- Anxiety
- Hot Flashes
- Inability to Reach Climax/Loss of Libido
- Night Sweats
- Painful Intercourse/Vaginal Dryness
- Sleep Disturbances
- Urinary Incontinence
- Urinary Tract Infections (UTI)
- Yeast Infections
- Mood Swings

Symptoms of Low Progesterone

- Anxiety
- Cramping
- Insomnia
- Irregular Menses
- Joint Pain
- Mood Swings
- PMS
- Swollen Breasts
- Water Retention
- Weight Gain
- Migraine Headache

Symptoms of Low Testosterone

- Blunted Motivation
- Diminished Feeling of Well Being
- Hair Loss
- Loss of Muscle Mass
- Decreased Bone Density
- Prolonged Fatigue
- General Aches and Pains
- Muscle Weakness
- Loss of Libido
- Hot Flashes
- Irritability
- Sleep Disturbance

Symptoms of Both Low Estrogen and Testosterone

- Thinning Skin
- Vaginal Dryness

Symptoms of Low Estrogen, Progesterone, and/or Testosterone

- Depression
- Fuzzy Thinking/Memory Loss
- Hair Loss
- Headaches
- Irritability
- Low Sex Drive

Upon completion of your survey, discuss your current symptoms with your health care provider as the use of bio-identical hormone therapy is a very personalized decision based upon benefits and risks that may be associated.