



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 thoughts
- Memory loss
- Low HDL
- Decreased menstrual bleeding
- Decreased fullness in breast
- Wrinkling of skin
- Losing track of thoughts