



SottoPelle[®]
 Hormonal Balance. Well-Being.

BHRT CHECKLIST FOR MEN

Symptom	Never	Mild	Moderate	Severe
Decline in general well being (general state of health)	_____	_____	_____	_____
Joint pain/muscle ache (lower back/joint/limb pain)	_____	_____	_____	_____
Excessive Sweating (sudden episodes/hot flash)	_____	_____	_____	_____
Sleep problems (difficulty falling/staying asleep/wake up tired)	_____	_____	_____	_____
Increased need for sleep (feel tired often)	_____	_____	_____	_____
Irritability (aggressive/easily upset/moody)	_____	_____	_____	_____
Nervousness (Inner tension/restlessness)	_____	_____	_____	_____
Anxiety (feeling panicky)	_____	_____	_____	_____
Exhaustion/lacking vitality (decrease in performance and activity/lack interest or motivation)	_____	_____	_____	_____
Decreased muscle strength	_____	_____	_____	_____
Depressive mood (feeling down/sad/lack of drive/nothing of any use)	_____	_____	_____	_____
Feeling you have passed your peak	_____	_____	_____	_____
Feeling burned out/hit rock bottom	_____	_____	_____	_____
Decrease in beard growth	_____	_____	_____	_____
Decrease ability to perform sexually	_____	_____	_____	_____
Decrease morning erections	_____	_____	_____	_____
Decrease desire/libido (lacking pleasure or desire for sex)	_____	_____	_____	_____

Other symptoms that concern you: _____

Name: _____ Date: _____