



BHRT CHECKLIST FOR WOMEN

Symptom	Never	Mild	Moderate	Severe
Mood changes/Irritability	_____	_____	_____	_____
Tension	_____	_____	_____	_____
Memory Loss (Forgetfulness)	_____	_____	_____	_____
Decreased sex drive/libido (Decreased desire for sex)	_____	_____	_____	_____
Difficult to climax sexually	_____	_____	_____	_____
Depressive mood (Feeling down/sad/lack of drive/nothing of any use)	_____	_____	_____	_____
Bloating	_____	_____	_____	_____
Weight gain	_____	_____	_____	_____
Breast tenderness	_____	_____	_____	_____
Sleep loss (Difficulty falling/staying asleep/wake up tired)	_____	_____	_____	_____
Vaginal dryness	_____	_____	_____	_____
Hot flashes	_____	_____	_____	_____
Night sweats	_____	_____	_____	_____
Joint pain	_____	_____	_____	_____
Migraine/severe headaches	_____	_____	_____	_____
Fatigue	_____	_____	_____	_____
Mental Confusion (Feeling in a mental fog)	_____	_____	_____	_____

Other symptoms that concern you: _____

Name: _____ **Date:** _____