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## Adolescent Hormone Symptom Worksheet

### E Deprivation Sx's

- Short term memory loss
- Difficulty concentrating/focusing
- Forgetfulness
- Insomnia  Early awakening
- Hot flashes  Night sweats
- Dry skin/rash  Brittle hair
- Migraine headaches
- Heart racing
- Trouble breathing at rest
- Deep fatigue/no energy
- Muscle spasms/restless legs
- Heartburn
- Urine leakage with laugh/cough
- Painful intercourse
- Low interest in sex

### P4 Deprivation Sx's

- Increased sadness
- Increased moodiness
- Increased crying
- Feeling alone/not belonging
- Thoughts of death/suicide
- Prefer being alone
- Anxious/panicky
- Abdominal bloating/excess gas
- Abnormal Bleeding
- Constipation
- Skipping meals

### (T) Excess testosterone Sx's

- Acne:  Face  Back
- Oily skin
- Excess hair upper lip/chin
- Excess sweating/body odor
- Aggressive tendency
- Abnormal weight gain