



HORMONE DECLINE AND IMBALANCE SYMPTOMS

Top 10 Hormone Decline Symptoms for Menopause

Menopause

1. Fatigue – exhaustion
2. Memory loss – lack of concentration, memory, focus
3. Hot flashes, night sweats or feeling warm, vasomotor instability
4. Insomnia – wakefulness, or not getting to sleep
5. Mood issues – depression, anxiety, lack of enthusiasm
6. Vaginal dryness- incontinence, lack of lubrication, painful sex, dyspareunia
7. Low libido – little interest, not what it used to be, slow orgasm, or no orgasm, lack of function
8. Weight gain – increased belly fat
9. Hair loss – head
10. Body pain/myalgias – “muscle arthritis”

Top 10 Hormone Imbalance Symptoms for Perimenopause

Perimenopause – PMS

1. Weight gain – increased belly fat
2. Menstrual problems – missed periods, heavy bleeding, clotting, painful periods
3. Low libido – little interest, slow orgasm, or no orgasm; don't want to be touched
4. Brain fog – lack of focus, concentration, memory
5. Exhaustion – fatigue, hitting the wall in the afternoon
6. Mood – irritability, rage, anxiety, flying off the handle, over-reaction to stress
7. Breast tenderness – cysts, painful breasts or nipples
8. GI issues, bloating, GI upset, IBS – we have progesterone receptors in the gut when this is low – at more at risk for gut pain/problems, etc. *Check for candida!*
9. Hair, skin, nails – dry hair, hair falling out/breaking, brittle nails, dry skin, aging skin
10. Headaches – typically cyclic but can be tension or migraines due to low progesterone or testosterone

Top 10 Hormone Decline Symptoms for Andropause

Andropause

1. Fatigue – exhaustion, hitting the wall throughout the day
2. Memory loss – lack of concentration, memory, focus
3. Insomnia – wakefulness, or not getting to sleep, feeling like sleep didn't restore them
4. Mood issues – depression, anxiety, lack of enthusiasm, low interest in social/career
5. ED – erections not full, not lasting, “not what they used to be,” dysfunction/no orgasm
6. Low libido – little interest, not what it used to be (especially if there is ED also)
7. Weight gain – increased belly fat
8. Hair loss – head, body, legs
9. Body pain/myalgias – “muscle arthritis”
10. Urination issues – change in flow, volume, or problems starting urination (check prostate and PSA)!