



APOTHECARY OPTIONS

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Bio-Identical Hormone Replacement Therapy

Answer Guide to Hormone Symptom Survey

Symptom	Possible Causes (see below)					
Fibrocystic Breasts	↑ E	↓ P				
Weight Gain	↑ E	↓ P	↓ Th	↑ T	↑ C	
Craving for Sweets	↑ E					
Heavy/Irregular menses	↑ E	↓ P	↓ E			
Breakthrough Bleeding - days 5-12	↓ E					
Breakthrough Bleeding - days 13-21	↓ P					
Uterine Fibroids	↑ E	↓ P	↑ C	↓ Th		
Cramps/PMS symptoms	↓ P	↑ E				
Hot Flashes	↓ E	↑↓ E	↓ P	↓ Th	↑ C	
Night Sweats	↓ E	↓ P	↑↓ C	↓ Th	↑ C	
Sleep Disturbances/Insomnia	↓ P	↓ E	↑ T	↑ E	↑ C	
Dry Skin/Hair	↓ E	↓ P	↓ Th	↓ T		
Heart Palpitations	↓ E	↓ P	↑ C	↓ Th		
Acne	↑ T	↓ P				
Anxiety	↓ E	↓ P	↑ E	↑ C		
Depression	↓ E	↓ P	↓ Th	↑ P	↓ T	
Headaches	↓ E	↑↓ E	↑ E	↑↓ P	↓ Th	
Loss of Memory	↓ E	↓ T	↓ P	↓ Th		
Foggy Thinking/Forgetfulness	↓ E	↓ P	↓ T	↑ C	↓ Th	
Irritability	↑ E	↓ P	↑↓ P	↑ C		
Mood Swings	↓ E	↓ P	↑ E			
Breast Tenderness/Swelling	↑ E	↓ P				
Fluid Retention/Puffiness/Bloating	↓ P	↑ E				
Fatigue	↓ E	↑ P	↑↓ E	↓ T	↓ Th	
Bladder Symptoms	↓ E	↓ P	↓ T			
Arthritis / Aches and Pains	↓ T	↓ P	↓ Th			
Decreased Sexual Desire/Enjoyment	↓ T	↑ E	↓ E	↓ P	↓ Th	
Vaginal Dryness	↓ E	↓ T	↓ P			
Cold Body Temperature	↓ Th	↓ C				
Frequent Constipation	↓ Th					
Thin or Brittle Nails	↓ Th					
Hair Loss	↑ T	↑↓ Th	↑↓ E	↑↓ P		

E=Estrogen P=Progesterone T=Testosterone C=Cortisol Th=Thyroid



Caused by elevated level



Caused by low level



Caused by fluctuating levels

The information contained in this guide can assist the prescriber and patient in monitoring the response to BHRT. It is not a disease diagnostic tool.