

<b>"Symptom"</b>  Tick in the boxes alongside each item below to explain what's changed and how	Original issues experienced before current approach				New issues that have arisen					
	Original symptom	How often is this experienced now?			Cycle effect? *	New symptom	Frequency			Cycle effect?
		Gone	Better than it was	Worse than before			Daily	Weekly	Occasionally	
Hot flashes										
Night Sweats										
Loss of Libido										
Fatigue										
Difficulty sleeping/ insomnia										
Weight gain										
Irritability &/or mood swings										
Digestive problems										
Anxiety &/or depression										
Difficulty concentrating/poor memory										
Irregular periods										
Headaches										
Osteopenia or osteoporosis										
Muscle tension / aching										
Incontinence										
Irregular heartbeat										
Bloating										
Brittle nails										

<b>"Symptom"</b>  Tick in the boxes alongside each item below to explain what's changed and how	Original issues experienced before current approach				New issues that have arisen					
	Original symptom	How often is this experienced now?			Cycle effect? *	New symptom	Frequency			Cycle effect?
		Gone	Better than it was	Worse than before			Daily	Weekly	Occasionally	
Dizziness										
Vaginal Dryness										
Hair loss										
Breast or joint pain										
Burning mouth										
Allergies (newly experienced ones)										
Gum problems										
Itchy skin										

*\*Cycle effect - Write Yes (Y) or leave a tick if you notice that the symptom occurs at a particular point(s) in your cycle, then please explain more in the space below*

**How do you feel during the estrogen only phase of your cycle (if relevant)?** (if using patches this is usually the Evorel 50 (or 75) patch)

**How do you feel during the progesterone phase of your cycle (if relevant)?** (if using patches this is usually the Evorel Conti patch)