

## **ESTROGEN DEFICIENCY**

### **SIGNS, SYMPTOMS AND ASSOCIATIONS ESTROGEN DEFICIENCY**

(Printout and circle any symptoms you have)

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| <ul style="list-style-type: none"><li>• Night sweats</li><li>• Hot flashes</li><li>• Mental fuzziness</li><li>• Mood swings</li><li>• Memory loss</li><li>• Losing track of thoughts</li><li>• Trouble expressing thoughts</li><li>• Vision changes</li><li>• Wrinkling of skin</li><li>• Decreased fullness in breast</li><li>• Decreased menstrual bleeding</li><li>• Decreased sexual response</li><li>• Vaginal Dryness</li><li>• Vaginal and/or bladder infections</li><li>• Vaginal wall thinning</li><li>• Incontinence</li><li>• Recurrent urinary tract infections</li><li>• Low HDL</li></ul> |  |
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