

PROGESTERONE DEFICIENCY

SIGNS, SYMPTOMS AND ASSOCIATIONS OF PROGESTERONE DEFICIENCY

(Printout and circle any symptoms you have)

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| <ul style="list-style-type: none"> • Forgetfulness • Distractibility • Irritability • Inefficiency • Fear of losing control • Clumsiness • Tearfulness • Restlessness • Poor judgement • Confusion • Dizziness • Hot flashes • Avoidance of social activities • Crying spells • Anxiety • Food sensitivity • Bruising • Cold sores • Hives or rashes • Cramps • Conjunctivitis • Facial swelling • Leg swelling • Finger swelling • Abdominal bloating or swelling • Muscle aches or tenderness • General aches or pains • Tingling in hands and feet • Dull abdominal pain • Fatigue • Decreased productivity at work | <ul style="list-style-type: none"> • Constipation • Vomiting • Eye pain • Panic attacks • Suspiciousness • Agoraphobia • Backache • Appetite changes • Acne • Insomnia • Mouth sores • Palpitations • Runny nose • Seizures • Spots in front of eyes • Tension • Visual changes • Drowsiness • Depression • Craving salty foods • Bladder irritation • Angry outbursts • Tremors • Indecision • Nausea • Asthmatic attacks • Decreased hearing • Ringing in ears • Poor coordination • Decreased sex drive • Increased alcohol consumption |
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