

## Health Check - Men's Symptom Review

Please review the symptom check list below and indicate any symptoms you are experiencing

Symptom	none	mild	moderate	severe	
Decreased Urine Flow					Estrogen Dominance
Increased Urinary Urge					
Prostate Problems					
Weight Gain - Chest / Hips					
Weight Gain - Waist					
Decreased Libido					Metabolic Syndrome/ Low Androgens
Decreased Erections					
Ringing in Ears					
High Cholesterol					
Elevated Triglycerides					
Hot Flashes					
Night Sweats					
Decreased Mental Sharpness					
Increased Forgetfulness					
Decreased Muscle Size					
Decreased Flexibility					
Sore Muscles					
Increased Joint Pain					
Bone Loss					
Rapid Aging					
Thinning Skin					
Decreased Stamina					
Burned Out Feeling					
Stress					
Morning Fatigue					
Evening Fatigue					
Difficulty Sleeping					
Apathy					
Depressed					
Mental Fatigue					
Anxious					
Irritable					
Nervous					
Headaches					
Sugar Cravings					Thyroid/ Other
Dizzy Spells					
Cold Body Temperature					
Goiter					
Hoarseness					
Hair Dry or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					
Infertility problems					
Allergies					