

# Pharmasave Port Coquitlam

Phone (604) 942-9813

[www.pharmasavepoco.com](http://www.pharmasavepoco.com)

## Symptom Lists (Female)

### Estrogen Deficiency

- Hot flashes
- Sleep disturbances
- Dry skin
- Foggy Thinking
- Heart palpitations
- Painful intercourse
- Low libido
- Night sweats
- Vaginal dryness/atrophy
- Headaches
- Memory lapses
- Yeast infections
- Depression
- Bone loss
- Incontinence
- Tearfulness

### Estrogen Excess

- Water retention
- Breast swelling and tenderness
- Craving for sweets
- Fibrocystic breasts
- Uterine fibroids
- Nervousness/anxiety/irritability
- Heavy, irregular menses
- Fatigue
- Weight gain
- Mood swings
- Low thyroid symptoms
- Foggy Thinking
- Headaches
- Cold body temperature

### Progesterone Deficiency

Many of the symptoms of Estrogen Excess, including:

- Swollen breasts, tenderness
- Headaches
- Anxiety, irritability
- Irregular menses
- Cramping
- Infertility
- Acne
- Weight gain
- Low libido
- Mood swings
- Depression
- PMS
- Fuzzy Thinking
- Joint pain
- Water Retention
- Fibrocystic breasts
- Uterine fibroids
- Cold body temperature

### Progesterone Excess

- Somnolence
- Mild depression
- Exacerbates symptoms of estrogen deficiency
- Gastrointestinal bloating
- Breast swelling
- Candida exacerbations
- Drowsiness
- Nausea
- Foggy thinking
- Oily skin

### Testosterone (Androgens) Deficiency

- Fatigue, prolonged
- Memory problem
- Decreased libido
- Muscle weakness
- Heart palpitations
- Bone loss
- Incontinence
- Fibromyalgia
- Mental fuzziness
- Depression
- Blunted motivation
- Diminished feeling of well being
- Thinning skin
- Vaginal dryness
- General aches/pain/muscle stiffness

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## Symptom Lists (Female) (con't)

### Testosterone Excess

- Acne
- Deepening of voice
- Irritability/moodiness
- Loss of scalp hair
- Male-pattern hair growth
- Clitoral enlargement
- Insomnia
- Polycystic ovaries
- Insulin resistance
- Weight gain

### Low Cortisol

- Fatigue
- Cravings for sweets
- Chemical sensitivities
- Symptoms of low progesterone
- Allergies
- Irritability
- Symptoms of hypothyroidism
- Low sex drive
- Feel unable to cope
- Aching muscles
- Feeling cold
- Neck stiffness
- Increased infections
- Morning sluggishness
- Burnt out feeling

### High Cortisol

Same symptoms as low cortisol, including:

- Bone loss
- Sleep disturbances
- Low libido
- Anxiety/irritability
- Depression
- Hair loss: scalp
- Elevated triglycerides
- Tired but wired feeling
- Burt out feeling
- Impaired memory
- Weight gain: waist
- Loss of muscle mass
- High blood pressure
- Insulin resistance

### Low thyroid Function(functional hypothyroidism)

- Fatigue (especially evening)
- Cold extremities
- Low libido
- Dry skin
- General aches and pains
- Depression
- Scalp hair loss
- Brittle nails
- Low pulse / blood pressure
- Memory lapses
- Heart palpitations
- Constipation
- Low stamina
- Low body temperature
- Headaches
- Intolerance to cold
- Weight gain
- Anxiety
- Swollen, puffy eyes
- Decreased swelling
- Poor concentration High cholesterol
- Infertility
- Fibromyalgia

### Peri-Menopause (years immediately preceding menopause)

- Fatigue
- Less able to handle stress
- Weight gain
- Headaches
- Mood swings
- Loss of sex drive
- Irregular periods
- Fibrocystic breasts
- Uterine fibroids
- Fluid retention
- Depression
- Irritability

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