

**ANTI-AGING & WELLNESS CENTER: MEN SYMPTOMS**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Please mark clearly

Symptoms	None or No Symptoms	Mild to Moderate Symptoms	Severe Symptoms	Symptoms Suggest
Decreased Urine Flow				Estrogen Dominance
Increased Urinary Urgency				
Prostate Problems				
Weight Gain – Waist or Hips				Low Progesterone
Depression, Sad, Crying Easily				
Decreased Libido / Low Sex Drive				Metabolic Syndrome (High Sugar)
Decreased Erections				
Ringling in Ears				
High Cholesterol				
Elevated Triglycerides (Fats)				
Hot Flashes				
Night Sweats				
Decreased Mental Sharpness				
Increased Forgetfulness				
Decreased Muscle Size				
Decreased Flexibility				
Sore Muscles				
Increased Joint Pain				
Bone Loss or Osteoporosis				
Rapid Aging				
Thinning Skin				
Decreased Stamina				
Burned Out Feeling				
Stress (Family, Work, Health, Other)				
Morning Fatigue				
Evening Fatigue				
Difficulty Sleeping				
No Drive or Apathy				
Draggy, Don't Feel Good				
Mental Fatigue				
Anxious, Nervous				
Irritable				
Headaches				
Sugar Cravings				
Dizzy Spells				
Allergies to many things				
Enlarged Thyroid or Goiter				Adrenal Cortisol Imbalance (Stress Gland)
Hoarseness				
Hair Dry or Brittle				
Constipation (No Bowel Movement Daily)				Thyroid & Iodine Poor Balance
Slow Pulse Rate				
Rapid Heartbeat				Other Hormone Imbalance
Heart Palpitations				
Infertility Problems (Low Sperm)				
Cold Body Temperature				

Additional Symptoms: \_\_\_\_\_