

Biote

A new service for men and women, offered by our Nurse Practitioners, Emily and Angie. It addresses issues that we face with aging such as, **weight gain, decreased sex drive, loss of energy, memory loss, difficulty sleeping, hair loss, headaches, irritability, and joint pain.**

Female Health Assessment Questionnaire

Name: _____

Email: _____

Today's Date: _____

Phone: _____

Please mark the appropriate box for each symptom you may be experiencing

Symptoms	None	Mild	Moderate	Severe	Very Severe
Physical Exhaustion (fatigue, lack of energy, stamina or motivation)					
Sleep Problems (difficulty falling asleep or sleeping through the night)					
Irritability (mood swings, feeling aggressive, angers easily)					
Decline in drive or interest (loss of "zest for life," feeling down or sad)					
Joint & muscular symptoms (poor recovery after workout, inability to add muscle, joint pain, muscle weakness)					
Difficulties with memory (concentration, finding the right word, or retaining information)					
Sexual Problems (desire, activity, orgasm, satisfaction)					
Vaginal dryness or difficulty with sexual intercourse					
Hot Flashes (burst starts in chest/lasts for short duration)					
Sweating (night sweats or increased episodes of sweating)					
Hair loss (thinning or change in texture)					
Feeling cold constantly, having cold hands/feet					
Headaches or migraines (increase in frequency or intensity)					
Weight (difficulty losing weight despite diet/exercise)					
Bladder problems (difficulty in urinating, increased need to urinate)					
Anxiety (feeling overwhelmed, panicky or nervous)					

Other symptoms or unique health circumstances to take into consideration:
