

# TRUBALANCE



## Personal symptom chart – MEN

**When considering** whether or not to begin Bioidentical Testosterone Therapy (TRT), a Personal Symptom Chart can be a useful tool for you and your healthcare provider. Charting symptoms on a daily basis will help show the pattern and severity of your symptoms and their relationship to your Andropause cycle. The chart is also a useful tool for recording and evaluating changes in your symptoms after beginning a program of Testosterone Therapy.

For greatest accuracy, we recommend you set aside a specific time to complete your chart each day. Rate the level at which you experience each symptom, using the scale of: **1 – Mild 2 – Moderate 3 – Severe**

If you do not experience the symptom at all, leave the box blank. After you've carefully charted your symptoms for four or more weeks, discuss your findings with your healthcare provider. Together, you'll be able to see if there is a pattern and discuss treatment options. **And remember — if you have questions, we are always happy to help. Call us at 866.418.9303 Monday – Friday 8:00am – 4:30pm EST or visit our website: [www.trubalancehealthcare.com](http://www.trubalancehealthcare.com) | TruBalance Healthcare Inc. (Canada) | Direct 647.884.0663 | Toll Free 1.866.418.9303 | Fax 1.866.418.9343**

## Personal Symptom Chart

**1 - Mild 2 - Moderate 3 - Severe**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Year: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Hair loss																															
Weight gain																															
Low libido																															
Erectile dysfunction																															
Night sweats																															
Decreased mental sharpness																															
Aches & pains																															
Sleep disturbances																															
Chronic illness																															
Stress																															
Depression																															
Lack of motivation																															
Evening fatigue																															
Headaches																															
Irritable																															
Foggy thinking																															
Anxiety																															
Increased urinary urge																															
Blood sugar imbalance																															
Decreased muscle mass																															
Thinning eyebrows																															
TALLY:																															