

**Female BHRT Questionnaire**:

**Name: Date:**

 0 = Never 1 = Not very often 2 = Frequently 3 = Most of the time

1. Hot flashes or night sweats? 0 1 2 3
2. Difficulty falling asleep or staying asleep? 0 1 2 3
3. Decreased or absent libido? 0 1 2 3
4. Weight gain? 0 1 2 3
5. Fatigue despite getting a good night’s rest? 0 1 2 3
6. Decreased clarity of thoughts? 0 1 2 3
7. Thinning of hair or hair loss? 0 1 2 3
8. Any skin changes, or increased dryness to skin? 0 1 2 3
9. Personal or family history of blood clots? 0 1 2 3
10. Do you smoke? 0 1 2 3
11. History of bone fractures? 0 1 2 3
12. Cold extremities such as hands or feet? 0 1 2 3
13. No energy to do the things you used to do? 0 1 2 3
14. Vaginal Dryness? 0 1 2 3

Both Estradiol and Testosterone can be administered via a subcutaneous pellet that will be implanted every 4-6 months. Another method is daily administration of an oral tablet or transdermal cream. Which would you prefer? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_