
Men's Hormonal Health Intake Form

Patient Information

Name: _____ Date of Birth: _____

Date of Visit: _____ Primary Reason for Visit: _____

Section 1: Hormonal Health

Do you experience any of the following?

- | | |
|---|---|
| ☐ Fatigue | ☐ Low libido |
| ☐ Erectile dysfunction | ☐ Mood changes or irritability |
| ☐ Loss of muscle mass | ☐ Increased body fat |
| ☐ Hair thinning | ☐ Brain fog |
| ☐ Sleep disturbances | |

Have you ever used or are currently using:

- ☐ Testosterone therapy (injections, gels, pellets)
- ☐ DHEA or other hormone supplements
- ☐ Medications for erectile function (e.g., Viagra, Cialis)
- ☐ Anabolic steroids or performance-enhancing drugs

Section 2: Medical History

- | | |
|--|--|
| ☐ Diabetes or prediabetes | ☐ High blood pressure |
| ☐ Prostate issues | ☐ Thyroid dysfunction |
| ☐ Sleep apnea | ☐ Heart disease |
| ☐ Cancer (type: _____) | |

Section 3: Symptoms & Function

Rate the severity of the following (0 = none, 5 = severe):

Morning fatigue: _____

Lack of motivation: _____

Difficulty building muscle: _____

Belly fat: _____

Erectile difficulties: _____

Poor concentration: _____

Anxiety or depression: _____

Poor stamina: _____

Low self-confidence: _____

Section 4: Lifestyle Factors

Typical sleep per night: _____ hours

Do you feel rested upon waking? ☐ Y ☐ N

Exercise routine: _____ Stress level (1–10): _____

Primary sources of stress: _____

Stress management practices: _____

Current diet: _____

Caffeine intake: _____ cups/day

Alcohol intake: _____ drinks/week

Tobacco use: ☐ Never ☐ Former ☐ Current

Section 5: Medications & Supplements

Current medications: _____

Hormonal medications or support: _____

Supplements used regularly: _____

Section 6: Goals

What are your top 2–3 goals for hormonal health? _____

Are you open to exploring:

☐ Testosterone therapy

☐ Herbal or natural testosterone support

☐ Nutrition-based hormone balancing

☐ Lifestyle-based interventions

☐ Mind-body or stress-reduction therapies

Section 7: Bioidentical Hormone Therapy – Information and Consent

Understanding the Benefits and Possible Risks

Hormone replacement therapy (HRT), also called testosterone therapy, may help improve energy, mood, muscle strength, and sexual health in men with low testosterone. Like all treatments, it also comes with possible risks and side effects. This guide explains what you should know before and during therapy.

Blood & Heart Health

INITIAL _____

- Thickening of the blood (high red blood cell count) – can increase the risk of clots, stroke, or heart attack
- Swelling in the legs or ankles (fluid retention)
- Possible rise in blood pressure
- May worsen existing heart conditions

Prostate Health

INITIAL _____

- Can make the prostate grow (worsening urinary symptoms)
- May raise PSA levels (a marker we use to screen for prostate cancer)
- Does not cause prostate cancer, but may make hidden cancer grow faster

Metabolism & Sleep

INITIAL _____

- May lower good cholesterol (HDL)
- Can make sleep apnea (pauses in breathing at night) worse
- Weight changes – sometimes more muscle, sometimes extra fluid

Skin & Hair

INITIAL _____

- Acne or oily skin
- Increased body or facial hair
- Faster male-pattern baldness
- Skin irritation from gels or patches

Reproductive & Sexual Health

INITIAL _____

- Fertility can decrease – testosterone therapy lowers sperm production
- Testicles may become smaller
- Breast swelling or tenderness (gynecomastia)

Mood & Energy

INITIAL _____

- Some men notice changes in mood (irritability, aggression, or low mood)
- Sleep problems in certain cases

Monitoring & Safety

INITIAL _____

To keep you safe, your provider will:

- Check your blood count (hematocrit/hemoglobin) regularly
- Monitor your PSA and prostate health
- Review your cholesterol, blood pressure, and heart health
- Ask about sleep, mood, and energy
- Adjust your dose if side effects appear

When to Call Your Doctor Immediately

INITIAL _____

- Chest pain, shortness of breath, or sudden leg swelling
- Severe headaches, vision changes, or dizziness
- Trouble urinating or sudden changes in urinary symptoms
- Unexplained mood swings or depression

Key Takeaways

- Testosterone therapy can improve quality of life when used safely and monitored closely
- Regular check-ups and blood work are essential
- Share any concerns or side effects with your healthcare team

Important: Never stop or adjust your dose on your own. Always follow your provider's instructions.

Contraindications (check if any apply):

- ☐ History of prostate or breast cancer ☐ High PSA levels or abnormal prostate exam
- ☐ Severe sleep apnea ☐ Polycythemia (elevated red blood cell count)
- ☐ Uncontrolled heart disease

Do you have any of the conditions above? ☐ Yes ☐ No

If yes, please describe: _____

Consent:

I understand the potential benefits and risks of bioidentical hormone therapy.

I agree to ongoing follow-up and discussion with my provider.

Signature: _____ Date: _____

Provider : _____ Date: _____
