

Table 2. Sex hormone deficiencies: Typical signs and symptoms in women

Effect factors	Estrogen deficiency	Progesterone deficiency	Testosterone deficiency
Complaints	Fatigue	Nervous	
	Low mood, depressed	Anxious, aggressive	
	Hot flushes	Insomnia	
	Lack of sexual desire		Lack of sexual desire
	Vaginal dryness	Vaginal leucorrhea	
	Menstrual syndrome (with fatigue, depression, spasmodic dysmenorrhea, and migraine during periods)	Premenstrual syndrome (with irritability, ovulatory pain, constant dysmenorrhea, migraine, insomnia before the periods)	
	Hypo- and amenorrhea	Menorrhagia	
	Changes in menstrual cycle length: poly- and spaniomenorrhea		
Time of worse complaints	Follicular phase, especially menstruation	Luteal phase, particularly during the 5 to 14 days before menstruation	
Physical signs	Flat hair		
	Pale face		Muscle atrophy
	Dry eyes		
	Droopy breasts, insufficient breast volume and tone	Swollen breast, mastalgia	
	Vaginal atrophy		
Long-term adverse consequences		Breast cysts	
	Small, underdeveloped breasts	Enlarged breasts	Nipple atrophy
		Ovarian cysts	Clitoris atrophy
		Fibroids	
		Endometriosis	Lichen sclerosis