



Achieve Optimal Health

# Snohomish Naturopathic Clinic

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## Hormone Replacement Therapy: Risk Assessment Guide

Check the health concerns listed below that apply to you. Use this guide as a tool to discuss your personal risks and benefits of using hormone replacement therapy with your physician.

### Personal Medical History:

- High blood pressure (Normal blood pressure: \_\_\_\_/\_\_\_\_)
- High cholesterol (Last cholesterol level: \_\_\_\_\_)
- Diabetes
- Overweight
- Sedentary lifestyle
- History of heart attack
- History of breast cancer
- History of bone fracture
- History of osteoporosis or bone thinning
- History of a blood clot in your leg or lung
- History of a stroke
- Had a hysterectomy
- Ovaries removed
- Smoker
- Bothersome hot flashes
- Vaginal dryness or painful intercourse

### Family Medical History:

- High blood pressure
- High cholesterol
- Diabetes
- Breast cancer
- Osteoporosis
- Stroke
- History of a blood clot in your leg or lung
- Heart attack
- Colon cancer
- Alzheimer's Disease

### Family Relationship to You:

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