Hormone Health Questionnaire

Please *tick off symptoms you currently experience or have experienced in the past*. This will help indicate whether there is an imbalance in your levels of estrogen, progesterone, testosterone, DHEA, cortisol or thyroid hormones. If you are unsure of an answer, mark it with a question mark.

If you have *more than three symptoms in one category*, hormone imbalance may be present and laboratory tests (salivary hormone, and/or urine, and/or blood tests) should be performed to gain a better understanding of your current hormone state.

**Excess Estrogen**

* Acne
* Anemia
* Intensified asthma
* Depression
* Estrogen dominant conditions (uterine fibroids, fibrocystic breasts, ovarian cysts, polycystic ovarian syndrome, breast cancer, thickening of the uterine lining, endometriosis)
* Fatigue
* Fluid retention
* Gallstones
* Irritability
* Loss of sex drive
* Memory loss
* Period problems (irregular, long or short, heavy, etc.)
* PMS
* Raging hot flashes and night sweats that do not abate
* Weight gain

**Low Estrogen**

* Brainfog
* Painful intercourse
* Recurring urinary tract infections
* Urinary incontinence
* Vaginal dryness
* Thinning of the vaginal wall (vaginal atrophy)

**Excess Progesterone**

* Breast swelling and pain
* Depression or low mood
* Excess facial hair
* Feeling tired, drowsiness
* Hyper insulinemia (overproduction of insulin by the pancreas, assessed via blood tests)
* Low libido
* Oily skin

**Low Progesterone**

* Anxiety
* Difficulty handling stress
* Elevated cortisol levels\estrogen dominant conditions (uterine fibroids, fibrocystic breasts, ovarian cysts, polycystic ovarian syndrome, breast cancer, thickening of the uterine lining, endometriosis)
* Headaches
* Heavy periods
* Low bone density
* Recurring miscarriage
* Water retention
* Weight gain around abdomen

**Excess Testosterone/DHEA**

* Acne, oily skin
* Facial hair growth
* Hair loss
* High DHEA
* Ovarian cysts and/or polycystic ovary syndrome
* Resistance to insulin or diabetes
* Weight gain

**Low Testosterone/DHEA**

* Fatigue
* High cortisol
* Loss of strength and stamina
* Low or no sex drive
* Memory decline
* Muscle wasting and weakness (chin muscles start sagging)
* Osteopenia
* Osteoporosis
* Sleep problems
* Vaginal dryness

**Overactive Thyroid Function**

* Breathlessness
* Fatigue
* Hair loss
* Heart palpitations
* Heat intolerance
* Increased bowel movements
* Insomnia
* Light or absent menstrual periods
* Muscle weakness
* Nervousness
* Staring gaze (bulging eyes)
* Trembling hands
* Warm, moist skin
* Weight loss
* Goiter (enlarged thyroid)

**Low Thyroid Function**

* A metallic taste in the mouth
* Anemia
* Anxiety/nervousness
* Chronic fatigue, weakness, lethargy
* Cold hands and feet, cold intolerance, low body temperature
* Constipation
* Cracking in the heels and skin
* Depression and irritability
* Doughy abdomen
* Dry, coarse skin, hair or both
* Edema (swelling of the eyelids or face)
* Elevated cholesterol levels
* Feeling unable to breathe deeply
* Goiter (enlarged thyroid)
* Hair loss
* Headaches and dizziness
* Heart palpitations
* High TSH, over 2.5 (thyroid blood test)
* Hormonal imbalance (fibroids, ovarian or breast cysts, painful and/or heavy periods, endometriosis, PMS, frequent menstrual cycles)
* Impaired memory
* Infertility and/or recurring miscarriage
* Insomnia
* Low basal body temperature (temperature take every morning on waking)
* Low progesterone-to-estrogen ratio
* Low T3, T4, or T7 (thyroid blood tests)
* Night sweats
* Poor concentration
* Poor vision
* Presence of thyroid antibodies (blood test)
* Racing thoughts
* Severe menopause symptoms that last for years without relief
* Shortness of breath
* Slow pulse
* Slower metabolism (may show up as weight gain, either general or on the hips)
* Sudden change in personality

**Adrenal Stress**

* Alcohol intolerance
* Asthma/bronchitis
* Blurred vision
* Cold extremities
* Cravings for stimulants, including salt, sugar, junk food, coffee or other caffeinated beverages
* Depression
* Digestive problems
* Dizziness upon rising
* Edema of extremities
* Environmental sensitivities
* Excessive perspiration
* Excessive urination
* Eyes sensitive to light
* Food allergies
* Headaches
* Heart palpitations
* High cortisol
* Hypoglycaemia
* Increase/loss of skin pigment (in the most advanced cases of adrenal exhaustion you will look like you have a suntan)
* Inflammation and joint or muscle pain including arthritis, bursitis
* Insomnia (where you fall asleep but it is disrupted after a few hours and it’s difficult to fall back asleep)
* Irritability
* Knee problems
* Low back pain
* Low energy, excessive fatigue
* Low thyroid
* Muscle twitches
* Nervousness/anxiety
* Poor concentration
* Post-exertional fatigue (excessive fatigue after exercise/work out)
* Recurring infections
* Shortness of breath

**Excess Cortisol**

* Hair loss
* High blood pressure
* High insulin (blood test)
* Insulin resistance (diabetes)
* Irritable, anxious
* Low DHEA
* Low progesterone levels
* Low sex drive
* Low thyroid
* Mood swings and depression
* Osteoporosis
* Poor immune function
* Weight gain
* “Wired by tired” feeling

**Low Cortisol**

* Allergies
* Burned out feeling
* Difficulty handling stress – easily overwhelmed/emotional
* Feel like you are pushing yourself through the day
* Increased infections
* Low blood pressure
* Morning tiredness
* Muscle stiffness
* No sex drive
* Sensitive to cold

**Symptoms of Peri-Menopause**

* 35 years or older
* A reduced libido
* Endometriosis
* Fibroid breast cysts
* Gained ten pounds and abdomen is bloated
* Headaches
* Heavy periods, clotting or longer periods
* Hot flashes and/or night sweats
* Insomnia (early sleep is disrupted after a few hours, and it’s difficult to fall back asleep)
* Keep forgetting things
* PMS symptoms
* Skin outbreaks/acne
* Thinning hair
* Uterine fibroids

**Symptoms of Menopause**

* 45 years or older
* Have not had a period for 12 months or longer
* Do not have a desire for sex
* Feeling anxious, irritable, and tire easily
* Gained weight
* Hot flashes and/or night sweats
* Intercourse is painful
* Leaking urine
* Memory problems and brain fog
* Insomnia (either can’t fall asleep or wake up throughout night)
* Skin is excessively dry and wrinkled
* Vaginal dryness or vaginal infections