

Healthy Hormone Questionnaire for Perimenopausal/Menopausal Women

Instructions: Check off each symptom that applies to you in each section.

Section A

- Racing from one activity to another or feeling like you are
- Feeling tired yet unable to relax or sleep
- Feeling nervous or jittery
- Inability to calm down at night before bedtime
- Getting a second wind late at night
- Difficulty falling asleep
- A feeling of anxiety
- Irritable bowel syndrome (IBS)
- Worrying about things, even those you cannot control
- Anger issues – finding yourself yelling or snapping
- Memory issues and inability to focus
- Sugar cravings including wanting something sweet after meals
- Weight gain around the middle, not related to bloating
- Eczema and thinning of the skin
- Bone loss
- Rapid heart beat and/or high blood pressure
- High blood sugar and possible insulin resistance and diabetes
- Feelings of weakness or shakiness between meals
- Headaches especially if a meal is missed
- Slower recovery from a physical injury than in the past
- Pinkish purple stretch marks on belly or back
- If still menstruating, the cycles are not regular

Section C

- Feeling Agitated
- Headaches that occur at regular times during the cycles including hormonal migraines
- Sore and/or swollen breasts
- Weight gain
- Mood swings, anxiety and/or depression
- Signs of fluid retention such as bloating around the belly or puffy ankles
- Ovarian cysts, fibrocystic breast, or endometrial cysts or polyps
- Disrupted sleep
- Restless or itchy legs, especially at night
- Poor co-ordination
- Infertility
- Constipation
- Thyroid issues
- Hot flashes
- If still menstruating:
 - PMS
 - Menstrual cycles are irregular maybe even becoming more frequent
 - Heavy, painful periods
 - Gaining 3-5 pounds before your period
 - Increase intestinal issues

Section B

- Using caffeine to give you energy either in the morning or through out the day
- Falling asleep while reading or watching TV
- Feeling fatigued or burned out
- Loss of stamina especially in the mid- afternoon
- Feeling cynical or having a negative perspective
- Crying for no particular reason
- Lower ability to problem solve
- Everything seems hard to do than it used to be
- Feeling stressed and having trouble coping with it
- Less ability to handle stress
- Inability to fall asleep and stay asleep – may wake up at 3:00-4:00 am in the morning and not be able to get back to sleep
- Low blood pressure
- Standing up quickly and feeling dizzy
- Difficulty fighting flus and colds or healing wounds
- Issues with asthma, allergies or bronchitis
- Blood sugar fluctuations through the day
- Cravings for salt
- Excess sweating
- Feelings of nausea, vomiting or loose stool
- Alternating diarrhea or constipation
- Muscle weakness especially around the joints like knees or elbows
- Muscle and/or joint pain
- Hemorrhoids and/or varicose veins
- Skin bruises easily
- Sudden heart palpitations or irregular heartbeats

Section D

- Signs of water retention such as bloating and puffiness
- Abnormal Pap smears
- Post- menopausal bleeding
- Gain weight easily, particularly in the hips and butt
- Breast size increase
- Swollen breasts
- Fibroids
- Endometriosis, or painful periods
- Mood swings, depression, or feeling irritable
- Trouble sleeping
- Memory issues
- Cold hands or feet
- Hair loss
- If still menstruating:
 - Heavy bleeding during periods
 - PMS

Section E

- Memory issues such as going to get something and forgetting what it was when you get there
- Feeling emotionally fragile in comparison to how you felt when you were younger
- Depression, often combined with anxiety or feelings lethargy
- Aging of the skin
- Dry skin and eyes
- Weight gain
- Hot flashes and/or night sweats
- Sleep issues such as waking up in the middle of the night
- Vaginal dryness
- Loss of libido
- Anxiety
- Mood swings
- Inability to focus
- Intestinal inflammatory issues

Section G

- Hair loss or hair thinning including eyebrows and eyelashes
- Dry skin and hair (easily tangles)
- Thin, brittle fingernails
- Fluid retention and/or puffy ankles
- Gaining weight and difficulty losing
- High cholesterol
- Constipation (bowel movements less than once a day)
- Recurring headaches
- Decreased ability to sweating
- Muscle or joint aches
- Inability to maintain muscle mass
- Tingling in hands and/or feet
- Cold hands and feet
- Intolerance or sensitive to heat and/or cold
- Slow speech or hoarseness
- A slower heart rate
- Lethargy and lack of energy
- Fatigue, particularly in the morning
- Difficulty concentrating and feeling like your brain is running slower
- Slower reaction time (reflexes are slower)
- Low sex drive for no particular reason
- Depression or mood swings
- Taking antidepressants but they are not working
- An enlarged thyroid (or goiter), swollen tongue and perhaps difficulty swallowing
- A family history of thyroid problems
- If still menstruating: Heavy periods or other menstrual issues

Section F

- New facial hair growth and/or more hair on arms and chest
- Acne
- Greasy hair and or skin
- Thinning hair on head
- Darker colour and thicker skin under armpits
- Skin tags, especially on the neck and upper body
- Low blood sugar or high blood sugar or fluctuations between high and low through out the day
- Irritability and/or aggressive behavior (prone to arguments and fights)
- Depression, often accompanied by anxiety
- Decreased interest in sex
- Weight gain and difficulty losing weight
- Difficulty concentrating
- Fatigue and exhaustion
- If still menstruating:
 - Ovarian cysts
 - Mid-cycle pain
 - Infertility
 - PCOS (Polycystic Ovarian Syndrome)

Section H

- Disruptive sleep
- Fatigue
- Diminished Interest in Sex
- Weight Gain
- Depression and anxiety
- Osteoporosis
- Hair loss
- Inability to maintain muscle mass or build muscle
- Inability to have orgasms
- Dry, thinning skin
- Decreased cognitive function
- Ability to focus and concentrate
- If still menstruating:
 - Irregular Periods
 - Decreased colon function and possible constipation

Section I

- PCOS
- Prone to blood sugar highs and lows
- Increase insulin and prone to insulin resistance
- Acne
- Increased hair loss
- Increased facial and body hair
- Mood and anger issues

Results: 3 or more checks in any one section may indicate the hormone issue associated with that section. 5 or more checks may warrant seeing a practitioner to get your hormones tested and check for other health issues. Don't be surprised if you have issues in more than once section as each hormone can affect another. Supporting the health of all hormones with good diet and lifestyle choices is the goal.

Section A: High Cortisol
Section B: Low Cortisol
Section C: Low Progesterone

Section D: High Estrogen
Section E: Low Estrogen
Section F: Low DHEA

Section G: Low Thyroid
Section H: Low Testosterone
Section I: High Testosterone

Recommended Supplements

Section A: High Cortisol

- [Relora Plus](#) during the day
- [Cortisol Manager](#) before bed

Section B: Low Cortisol

- [Cortex](#)
- [Adrenomend](#)

Section C: Low Progesterone

- [Progestomend](#)

Section D: High Estrogen

- [DIM Evalil](#)

Section E: Low Estrogen

- [Estromend](#)

Section F: Low DHEA

- [Licorice Plus](#)

Section G: Low Thyroid

- [Thyroid Synergy](#)

Section H: Low Testosterone

- [TestoPlus](#)

Section I: High Testosterone

- [Testoquench for Women](#)

Lab testing is the most accurate way of determining your underlying causes of any health issues. For more in depth help, [contact us!](#)