



Hormone Health Survey

Name: _____ Date: _____

Adrenals/Cortisol

- Constant Fatigue
- Feeling wired and tired
- Difficulty calming down before bedtime
- Foggy thinking
- Memory Lapses
- Worry or Anxiety
- Feel stressed most of time
- Cry easily
- Quick to feel anger or rage
- Sleep disruption or difficulty falling asleep (wake up between 2 and 4 am)
- Skin changes- thin, dry, eczema, brown spots
- Fluctuating Blood Sugar levels
- Fluctuation Blood pressure
- Salt or Sugar Cravings
- Get sick easily
- Slow recovery from illness or injury
- Thyroid problems

- Male pattern baldness
- Thinning hair
- Skin tags
- Low or fluctuating blood sugar
- Easy to anger, over react
- Periods more than every 35 days
- Infertility
- Ovarian Cysts
- PCOS
- Mid cycle Pain

Thyroid

- Dry skin
- Hair loss
- Thinning of eye lashes and eye brows
- Brittle nails
- Recurring headaches
- Sensitive to cold
- Lethargy and fatigue, especially in the morning
- Sluggish thinking and reflexes
- Muscle and joint pain
- Poor muscle tone
- Tingling in hands and feet
- Feeling down or depression

Testosterone

- Acne
- Excess hair on face ,arms, chest
- Greasy skin and/or hair

Hormone Health Survey

- Low libido
- Heavy periods
- Infertility
- Family history of thyroid problems
- Enlarged thyroid
- Difficulty swallowing

Low Estrogen

- Itching
- Memory problems
- Bone loss
- More emotional with aging
- Depression
- Low libido
- Waking up in middle of night
- Night sweats
- Hot flashes
- More obvious wrinkles and sun damage
- Vaginal Dryness
- Dry eyes, dry skin
- Thinning skin
- Bladder infections
- Painful intercourse

Excess Estrogen

- Bloating, puffiness, water retention
- Breast tenderness / swelling
- Weight gain
- Foggy thinking
- Insomnia
- Red flush on face/ Rosacea
- Migraines

- Anxiety
- Depression
- Irritability
- Weeping/Emotional breakdown
- Gallbladder problems or removal
- Heavy menstrual bleeding
- Breakthrough bleeding
- Post-menopausal bleeding
- Abnormal Pap Smears

Low Progesterone

- Insomnia
- Unexplained weight gain
- Difficulty losing weight despite all attempts
- Bloating
- Water retention
- Anxiety
- Infertility
- PMS
- Irregular or heavy periods
- More frequent periods with aging
- Lumpy/Bumpy Breasts
- Miscarriage
- Thyroid issues
- Restless or itchy legs at night