

# HORMONE HEALTH CHECKLIST FOR WOMEN

Your brain is the control-center of your body. One important system it controls is the body's *endocrine*, or hormone system. When your brain is not functioning optimally, or as you age through perimenopausal or menopausal changes, your hormone system may become imbalanced. Below are a few of the more common imbalances seen in our hormone systems today. Take this short quiz to see if you may be imbalanced. Mark each question with a 0, 1, or 2. Mark 0 for NEVER, mark 1 for SOMETIMES, and mark 2 for OFTEN.

## LOW ESTROGEN

1. \_\_\_\_\_ Do you experience hot flashes/hot flushes?
2. \_\_\_\_\_ Do you have night sweats?
3. \_\_\_\_\_ Have you experienced crying spells over things that wouldn't usually make you cry?
4. \_\_\_\_\_ Do you have vaginal dryness or pain during intercourse?
5. \_\_\_\_\_ Do you get frequent bladder infections?
6. \_\_\_\_\_ Do you struggle with recurrent yeast infections?
7. \_\_\_\_\_ Do you have leakage from the bladder when you cough or sneeze?
8. \_\_\_\_\_ Do you wake up often throughout the night?
9. \_\_\_\_\_ Do you experience anxiousness or a rapid heart beat?
10. \_\_\_\_\_ Have you noticed reduced fullness in your breasts?
11. \_\_\_\_\_ Do you have dry eyes, dry hair, or dry skin?
12. \_\_\_\_\_ Do you have a decreased sense of well-being?

Now, add your score. If you scored 8 or higher on the above questions, you may have low estrogen levels. This can be accurately determined with a blood test ordered by your doctor for estradiol levels.

## LOW PROGESTERONE

Often starting in a woman's late 30's or early 40's, progesterone levels can begin to decline up to ten years before menopause.

1. \_\_\_\_\_ Have you tried unsuccessfully to become pregnant?
2. \_\_\_\_\_ Do you have heavy periods?
3. \_\_\_\_\_ Have you been diagnosed with fibrocystic breasts?
4. \_\_\_\_\_ Are your menstrual cycles irregular?
5. \_\_\_\_\_ Do you experience sudden mood swings?
6. \_\_\_\_\_ Do you pass blood clots during menstruation?
7. \_\_\_\_\_ Do you have painful periods?
8. \_\_\_\_\_ Do you have difficulty concentrating, sometimes called "brain fog?"

9. \_\_\_\_\_ Do you wake up between 3:00 and 5:00 a.m. unable to go back to sleep?
10. \_\_\_\_\_ Do you crave sweets?
11. \_\_\_\_\_ Are you tired or have low energy?
12. \_\_\_\_\_ Do you suffer from PMS?
13. \_\_\_\_\_ Do you have constipation?
14. \_\_\_\_\_ Do you have anxiety?
15. \_\_\_\_\_ Do you consider yourself moody?
16. \_\_\_\_\_ Do you suffer from depression?
17. \_\_\_\_\_ Do you have painful cramping during your menstrual cycle?

Now, add your score. If you scored 10 or higher on the above questions, you may have low progesterone levels. This can be accurately determined with a blood test ordered by your doctor for progesterone.

### **ESTROGEN DOMINANCE**

Symptoms of estrogen dominance appear when an imbalance between estrogen and progesterone exists in your body. This is very common during the perimenopause years, or the ten years before menopause, because progesterone levels tend to decline earlier than estrogen levels. It is important to not only have adequate levels of all hormones in your body, but to have them balanced as well.

1. \_\_\_\_\_ Do you have tender breasts?
2. \_\_\_\_\_ Do you experience mood swings?
3. \_\_\_\_\_ Do you retain water (your rings feel tight, ankle swelling)?
4. \_\_\_\_\_ Do you have headaches?
5. \_\_\_\_\_ Do you have a low sex drive?
6. \_\_\_\_\_ Are you irritable?
7. \_\_\_\_\_ Do you suffer from depression?
8. \_\_\_\_\_ Are you unusually bossy?
9. \_\_\_\_\_ Have you increased a breast size?
10. \_\_\_\_\_ Have you been diagnosed with fibrocystic breasts?
11. \_\_\_\_\_ Have you been diagnosed with uterine fibroids?
12. \_\_\_\_\_ Is your face puffy?
13. \_\_\_\_\_ Have you gained weight around the hips and stomach?
14. \_\_\_\_\_ Do you have difficulty reaching orgasm?
15. \_\_\_\_\_ Do you suffer from PMS?
16. \_\_\_\_\_ Do you have heavy periods?

Now, add your score. If you scored 10 or higher on the above questions, you may have estrogen dominance. This can be accurately determined with a blood test ordered by your doctor for estradiol and progesterone.

## TESTOSTERONE

Although traditionally thought of as a male hormone, testosterone is important in women as well. Women produce and require a fraction of the amount of testosterone as compared to men, but it plays an important role nonetheless.

### LOW TESTOSTERONE

1. \_\_\_\_\_ Have you noticed a decrease in the desire for you to have sex?
2. \_\_\_\_\_ Have you noticed a decrease in your enjoyment of life?
3. \_\_\_\_\_ Do you have a lack of energy?
4. \_\_\_\_\_ Do you have a decreased amount of strength?
5. \_\_\_\_\_ Has your endurance for physical exercise decreased?
6. \_\_\_\_\_ Do you feel depressed?
7. \_\_\_\_\_ Is it difficult for you to reach orgasm?
8. \_\_\_\_\_ Do you feel irritable?
9. \_\_\_\_\_ Do you feel anxious?
10. \_\_\_\_\_ Do you notice a sense of fatigue in your body?
11. \_\_\_\_\_ Have you lost significant muscle mass in your body?
12. \_\_\_\_\_ Have your orgasms become weaker and take longer to achieve?
13. \_\_\_\_\_ Do you find it more difficult to become sexually aroused?

Now, add your score. If you scored 10 or higher on the above questions, you may have low testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both Total Testosterone and Free Testosterone.

### HIGH TESTOSTERONE

1. \_\_\_\_\_ Do you have acne as an adult?
2. \_\_\_\_\_ Do you have excessive hair growth on your chin, upper lip, or breast area?
3. \_\_\_\_\_ Do you have unexplained weight gain around the middle that you are unable to lose?
4. \_\_\_\_\_ Do you have male-pattern baldness (receding hairline or bald spot)?
5. \_\_\_\_\_ Do you have excessively oily skin or hair?
6. \_\_\_\_\_ Do you have unexplained depression?
7. \_\_\_\_\_ Do you have irregular periods?
8. \_\_\_\_\_ Do you have a loss of sex drive?
9. \_\_\_\_\_ Do you have an excessive sex drive?

Now, add your score. If you scored 10 or higher on the above questions, you may have high testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both Total Testosterone and Free Testosterone. High testosterone can be a sign of other conditions such as PCOS (Polycystic Ovarian Syndrome), so please discuss this with your healthcare provider.



## THYROID HORMONE IMBALANCE

1. \_\_\_\_\_ Have you noticed excessive fatigue or weakness in your body?
2. \_\_\_\_\_ Do you have a body temperature below 98.6 degrees?
3. \_\_\_\_\_ Do you have dry or coarse skin?
4. \_\_\_\_\_ Have you experienced hair loss on your head and body?
5. \_\_\_\_\_ Do you have heavy menstrual periods?
6. \_\_\_\_\_ Are your menstrual periods irregular?
7. \_\_\_\_\_ Do you have cold hands and feet?
8. \_\_\_\_\_ Have you experienced weight gain?
9. \_\_\_\_\_ Do you have insomnia?
10. \_\_\_\_\_ Do you struggle with constipation?
11. \_\_\_\_\_ Do you feel depressed?
12. \_\_\_\_\_ Have you noticed puffiness around your eyes?
13. \_\_\_\_\_ Do you have a poor memory or forgetfulness?
14. \_\_\_\_\_ Do you feel sluggish?
15. \_\_\_\_\_ Have you tried to become pregnant and found that you are unable?
16. \_\_\_\_\_ Are you intolerant to cold weather?
17. \_\_\_\_\_ Do you become out of breath easily?
18. \_\_\_\_\_ Is your voice hoarse?

Now, add your score. If you scored 10 or higher on the above questions, you may have low thyroid levels, or *hypothyroidism*. This can be accurately determined with a blood test ordered by your doctor for TSH, Free T4, and Free T3.

## THYROID HORMONE IMBALANCE #2

1. \_\_\_\_\_ Do you notice fatigue in your body?
2. \_\_\_\_\_ Do you experience light menstrual periods?
3. \_\_\_\_\_ Are your menstrual periods irregular?
4. \_\_\_\_\_ Do you notice weakness in your body?
5. \_\_\_\_\_ Are you intolerant to hot weather?
6. \_\_\_\_\_ Have you experienced unexplained weight loss?
7. \_\_\_\_\_ Do you suffer from insomnia?
8. \_\_\_\_\_ Do you have frequent bowel movements (more than three per day)?
9. \_\_\_\_\_ Do you feel anxious or nervous?
10. \_\_\_\_\_ Do your hands have a shaky tremor?
11. \_\_\_\_\_ Do you feel heart palpitations (rapid or fluttering heart beat)?
12. \_\_\_\_\_ Do you experience breathlessness?

Now, add your score. If you scored 10 or higher on the above questions, you may have high thyroid levels, or *hyperthyroidism*. This can be accurately determined with a blood test ordered by your doctor for TSH, Free T4, and Free T3.

## ADRENAL HORMONE IMBALANCE

1. \_\_\_\_\_ Do you feel like you have excessive exhaustion?
2. \_\_\_\_\_ Do you struggle with excessive symptoms of PMS?
3. \_\_\_\_\_ Are you unable to lose gained weight?
4. \_\_\_\_\_ Does your period flow for one or two days, then stop for one or two days, then start again for two or three more days?
5. \_\_\_\_\_ Do you have a low sex drive?
6. \_\_\_\_\_ Do you feel lightheaded shortly after standing up?
7. \_\_\_\_\_ Do you have difficulty getting up in the morning?
8. \_\_\_\_\_ Do you need coffee or other stimulants to get going in the morning?
9. \_\_\_\_\_ Do you crave sugar or salty foods?
10. \_\_\_\_\_ Do you tremble when under pressure?
11. \_\_\_\_\_ Do you have difficulty remembering things?
12. \_\_\_\_\_ Do you have pain in your upper back or neck for no apparent reason?
13. \_\_\_\_\_ Do you feel fatigued in the afternoon between 3:00 and 5:00 p.m.?
14. \_\_\_\_\_ Do you feel suddenly better for a brief period after eating?
15. \_\_\_\_\_ Do you have alternating constipation and diarrhea?
16. \_\_\_\_\_ Do you have lowered immunity (get the flu easily)?
17. \_\_\_\_\_ Is it difficult for you to recover after a physical exercise session?
18. \_\_\_\_\_ Are you sensitive to bright lights?
19. \_\_\_\_\_ Do you feel overwhelmed or unable to cope?
20. \_\_\_\_\_ Do you have difficulty concentrating, sometimes called "brain fog?"
21. \_\_\_\_\_ Are you anxious or irritable?
22. \_\_\_\_\_ Do you have low blood pressure?
23. \_\_\_\_\_ Do you have multiple allergies?
24. \_\_\_\_\_ Do you feel depressed?
25. \_\_\_\_\_ Are you intolerant to cold weather?

Now, add your score. If you scored 15 or higher on the above questions, you may have adrenal fatigue or adrenal exhaustion. This can be accurately determined with a urine or saliva test ordered by your doctor for Cortisol and DHEA-S.

This symptom list is to be used in conjunction with sound medical advice and is intended to be used as a supplement to other diagnostic tools as seen fit by your healthcare provider.

For more information on balancing hormones, please contact Wellness Compounding Pharmacy, 1150 Crater Lake Avenue, Medford, OR 97504 or call (541) 774-3939, or visit [www.wellnesscompoundingpharmacy.com](http://www.wellnesscompoundingpharmacy.com).