

Questionnaire for Hormone Balance

From *The Hormone Cure* by Dr. Sara Gottfried, MD

Please check off the boxes that apply to you.

Do you have or have you experienced in the past 6 months.....

High Cortisol

- A feeling that you are constantly racing from one task to the next?
- Feeling 'wired and tired'?
- A struggle calming down before bedtime, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness? Can't stop worrying about things beyond your control?
- A quickness to feel anger or rage-frequent screaming or yelling?
- Memory lapses or feeling distracted, especially under duress?
- Sugar cravings (you need a little something after each meal - like chocolate?)
- Increased abdominal circumference (greater than 35 inches)?
- Eczema, thin skin?
- Bone loss?
- High blood pressure or rapid heartbeat?
- High/Low blood sugar. Shakiness between meals?
- Indigestion, ulcers, GERD (gastroesophageal reflux disease)?
- Difficulty recovering from physical injury?
- Unexplained pink to purple stretch marks on your belly or back?
- Irregular menstrual cycles?
- Decreased fertility?

Low Cortisol

- Fatigue or burnout (you use caffeine to bolster your energy, or you fall asleep while reading or watching a movie)?
- Loss of stamina, particularly in the afternoon, from 2-5pm?
- Negative point of view?
- Crying episodes for no particular reason?
- Decreased problem solving ability?

- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? Decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between 1-4 am ?
- Low blood pressure?
- Postural hypotension (you feel dizzy when you stand up from lying down)?
- Difficulty fighting infection (frequent cold, flues, lung infections?)
- Difficulty recovering from illness, surgery or healing wounds?
- Asthma? Bronchitis? Chronic cough? Allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excess sweating?
- Nausea, vomiting, or diarrhea? Or loose stools alternating with constipation?
- Muscle weakness especially around the knees? Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your blood seems to pool easily or your skin bruises easily?
- A thyroid problem that has been treated, you feel better and suddenly you feel palpitations or have rapid or irregular heartbeats? (a sign of low cortisol/low thyroid combo).

Low Progesterone or Progesterone resistance

- Agitation or PMS?
- Cyclical headaches (particularly menstrual or hormonal migraines)?
- Painful and/or swollen breast?
- Irregular menstrual cycles, or cycles becoming more frequent as you age?
- Heavy or painful periods (heavy: going through a superpad or tampon every two hours or less; painful: you can't function without ibuprophen)?
- Bloating, particularly in the ankles and belly, and/or fluid retention?
- Ovarian cysts, breast cysts, or endometrial cysts, (polyps)?
- Easily disrupted sleep?
- Itchy or restless legs, especially at night?
- Increased clumsiness or poor coordination?
- Infertility or subfertility (you've been trying to conceive but haven't hit the official twelve month mark or no conception-six months if your thirty five or older)?
- Miscarriage in the first trimester?

Excess Estrogen

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?

- Rapid weight gain particularly in the hips and buttocks?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods?
- Mood swings, PMS, depression, or just irritability?
- Weepiness, sometimes over the most ridiculous things?
- Mini breakdowns? Anxiety?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red thrush on your face (or a diagnosis of rosacea)?
- Gallbladder problems or removal?

Low Estrogen

- Poor memory (you draw a blank midsentence)?
- Emotional fragility, especially compared to how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy that lasts more than two weeks?
- Wrinkles (your favourite skin cream no longer works)?
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts, or breasts lessening in volume?
- Sun damage more obvious, even glaring, on your chest face, and shoulders?
- Achy joints (you feel older than you think you should feel)?
- Recent injuries, particularly to wrists, shoulders, lower back, knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation or loss of feeling (difficulty with orgasms)?
- Lack of moisture (dry eyes, dry skin, dry clitoris)?
- Low libido?
- Painful sex?

Excess Androgens

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning head hair?
- Discoloration of your armpits (darker and thicker than your normal skin)?

- Skin tags, especially on your neck and upper torso?
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Reactivity and/or irritability, or excessively aggressive or authoritarian episodes?
- Depression? Anxiety?
- Menstrual cycles occurring more than every thirty-five days?
- Ovarian cysts? Polycystic ovary syndrome?
- Midcycle pain?
- Infertility? Or subfertility?

Low Thyroid

- Hair loss, including of the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, straw-like hair that tangles easily?
- Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20 that you just can't seem to lose?
- High cholesterol?
- Less than one bowel movement per day?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches or poor muscle tone?
- Tingling in the hands and feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A sensitivity to cold (you shiver easily and you are always wearing layers).
- Slow speech, perhaps with hoarse or halting voice?
- A slow heart rate (slower than 60 beats per minute)?
- Lethargy (you feel like you are moving through molasses)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts, difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression and moodiness?
- Antidepressant no longer seem to help?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goitre? Difficulty swallowing? Enlarged tongue? A family history of thyroid problems?