

# Female Hormone Questionnaire

**Place a check next to each of the following statements that describe your current experience or frequent experiences within the past 6 months.**

## Part A

- Feeling you're constantly racing from one task to the next
- Feeling wired yet 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 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, perhaps of the chocolate variety)
- Increased abdominal circumference, greater than 35 inches (abdominal fat, or muffin top—not bloating)
- Skin conditions such as eczema or thin skin
- Bone loss (perhaps your doctor uses the terms *osteopenia* or *osteoporosis*)
- High blood pressure, or rapid heartbeat
- High blood sugar (maybe your clinician has mentioned the words *pre-diabetes* or even *diabetes*, or *insulin resistance*), or shakiness between meals, also known as *blood sugar instability*
- Indigestion, ulcers, or GERD (Gastro-Esophageal Reflux Disease)
- More difficulty recovering from physical injury than in the past
- Unexplained pink to purple stretch marks on your belly or back
- Irregular menstrual cycles
- Decreased fertility

## Part B

- Fatigue or burnout (you use caffeine to bolster your energy, or fall asleep while reading or watching a movie)
- Loss of stamina, particularly in the afternoon, from 2 to 5 p.m.
- An atypical tendency to hold a negative point of view
- Crying jags for no particular reason
- Decreased problem-solving ability
- Feeling stressed most of the time (everything seems harder than it used to, and you have trouble coping), or decreased stress tolerance
- Insomnia or difficulty staying asleep, especially between 1 and 4 a.m.
- Low blood pressure
- Postural hypotension (you stand up from lying down and feel dizzy or faint)
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory) or difficulty recovering from illness or surgery or healing wounds
- Asthma, bronchitis, chronic cough, allergies
- Low blood sugar
- Salt cravings
- Excess sweating
- Nausea, vomiting, or diarrhea, or loose stool alternating with constipation
- Muscle weakness, especially around the knee, or muscle or joint pain
- Hemorrhoids or varicose veins
- Your blood seems to pool easily, or your skin bruises easily
- A thyroid problem that's been treated, you feel better, and suddenly you feel palpitations or have rapid or irregular heartbeats

## Part C

- Agitation or PMS
- Cyclical headaches (particularly menstrual or hormonal migraines)
- Painful and/or swollen breasts
- 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 ibuprofen)
- Bloating, particularly in the ankles and belly, and/or fluid retention (in other words, you gain three to five pounds or more before your period)
- 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 hard to conceive but haven't hit the official 12- month mark of no conception—six months if you're 35 or older)
- Miscarriage in the first trimester

### **Part D**

- Bloating and/or puffiness, or extreme water retention
- Abnormal pap smears
- Heavy bleeding or postmenopausal bleeding
- Rapid weight gain, particularly in the hips and butt
- Increased bra-cup size or breast tenderness
- Fibroids
- Endometriosis, or painful periods (Endometriosis is when pieces of the uterine lining grow outside of the uterine cavity, such as on the ovaries or bowel, and cause 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 flush on your face (or a diagnosis of rosacea)
- Gallbladder problems (or you got that organ removed already)

### **Part E**

- Poor memory (you walk into a room to do something, then wonder what it was, or draw a blank mid-sentence)
- Emotional fragility, especially compared with how you felt 10 years ago
- Loss of joie de vivre (no joy in life), depression, perhaps with anxiety or lethargy (or, more commonly, dysthymia, a low-grade depression that lasts more than two weeks)
- Wrinkles (your favorite skin cream no longer effective)

- 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
- Recent injuries, particularly to wrists, shoulders, lower back, or knees
- Loss of interest in exercise
- Bone loss i.e., osteopenia or osteoporosis
- Vaginal dryness, irritation, or loss of feeling
- Lack of moisture elsewhere (dry eyes, dry skin, dry clitoris)
- Low libido (it's been dwindling for a while, and now you realize it's half what it used to be.)
- Painful sex

## **Part F**

- 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 (Skin tags are small growths on the skin surface, usually a few millimeters in size, and smooth. They are usually non-cancerous and develop from friction, such as around bra straps. They do not change or grow over time.)
- Hyperglycemia or hypoglycemia and/or unstable blood sugar
- Reactivity and/or irritability, or episodes of being excessively aggressive or controlling
- Depression
- Anxiety
- Menstrual cycles occurring more than every 35 days
- Ovarian cysts
- Midcycle pain
- Infertility or subfertility
- Polycystic Ovary Syndrome

## Part G

- 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 lose
- High cholesterol
- Bowel movements less often than once a day, or you feel you don't completely evacuate
- Recurrent headaches
- Decreased sweating
- Muscle or joint aches or poor muscle tone (and this developed over a relatively short period of time)
- Tingling in your hands or feet
- Cold hands and feet
- Cold intolerance
- Heat intolerance
- A sensitivity to cold (you shiver more easily than others and are always wearing layers)
- Slow speech, perhaps with a hoarse or halting voice
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an elite athlete)
- Lethargy (you feel like you're 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
- Persistent depression, moodiness, sadness, or pessimism
- Antidepressants don't help
- Heavy periods or other menstrual problems
- Infertility, miscarriage, preterm birth
- An enlarged thyroid/goiter, difficulty swallowing, enlarged tongue
- A family history of thyroid problems