

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
- Feelings of anxiety
- Irritable bowel syndrome (IBS)
- Worrying about things, even those you can't 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/or thinning of the skin
- Bone loss
- Rapid heartbeat and/or high blood pressure
- High blood sugar and possible insulin resistance and/or 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
- 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
- Disruptive sleep
- Restless or itchy legs, especially at night
- Poor co-ordination
- Infertility
- Constipation
- Thyroid issues
- Increased intestinal 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
 - Headaches that occur at regular times during the cycles, including hormonal migraines

Section B

- Using caffeine to give you energy, either in the morning or throughout the day
- Falling asleep while reading or watching TV
- Feeling fatigued or burned out
- Loss of stamina, especially in the midafternoon
- Feeling cynical or having a negative perspective
- Crying for no particular reason
- Lower ability to problem solve
- Everything seems harder to do than it used to
- Feeling stressed
- Less ability to handle stress
- Inability to fall asleep and stay asleep – may wake up at 3:00–4:00 am 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 throughout 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
- Postmenopausal bleeding
- Gain weight easily, particularly in the hips and butt
- Breast size increase
- Swollen breasts
- Fibroids
- Mood swings, depression, or feeling irritable
- Trouble sleeping
- Memory issues
- Cold hands or feet
- Hair loss
 - If still menstruating:
 - Heavy bleeding during periods
 - PMS
 - Endometriosis or painful periods

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 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
- Inflammatory intestinal 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 weight
- High cholesterol
- Constipation (bowel movements less than once a day)
- Recurring headaches
- Decreased ability to sweat
- Muscle or joint aches
- Inability to maintain muscle mass
- Tingling in hands and/or feet
- Cold hands and feet
- Intolerant or sensitive to heat and/or cold
- Slow speech or hoarseness
- 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're not working
- Enlarged thyroid (or goiter), swollen tongue and perhaps difficulty swallowing
- Family history of thyroid problems
- If still menstruating, heavy periods or other menstrual issues

Section I

- PCOS (polycystic ovarian syndrome)
- Prone to blood sugar highs and lows
- Increased insulin and prone to insulin resistance
- Acne
- Increased hair loss
- Increased facial and body hair
- Mood and anger issues

Section F

- Depression and mood swings
- Weight gain and difficulty losing weight
- Dry, flaky skin and dry eyes
- Low sex drive
- Brittle bones
- Fatigue and low energy
- Joint pain
- Irritability
- Anxiety
- Low muscle mass
- Poor memory and difficulty concentrating
- If still menstruating, infertility and issues with getting pregnant
- Vaginal dryness
- High blood sugar and possible insulin resistance
- Low testosterone
- Heart issues
- Low estrogen

Section H

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

Section J

- Sensitivity to heat
- Anxiety
- Feeling irritable and experiencing mood swings
- Tiredness and difficulty sleeping
- Lack of sex drive
- Diarrhea
- Constant thirst
- Appetite issues
- Eating disorders such as bulimia or anorexia
- Genetic disorders that cause excess iron buildup in the body
- Malnutrition
- Frequent infections
- Excessive bleeding
- Itchiness
- Infertility
- Unexplained weight loss or weight gain
- Dehydration
- Changes in appetite
- Frequent urination

Section K

- Sleep issues
- Drowsy during the day
- Not feeling refreshed after a night's sleep
- Waking up in the middle of the night and not being able to get back to sleep
- Lack of dreaming
- Anxious sleep
- Intestinal spasms
- Restless leg syndrome or other tight muscle issues
- Hypothyroidism
- Lack of energy
- Menopausal issues such as hot flashes
- Heart-related issues
- Aging faster than normal
- Shift work
- High blood pressure
- More sensitive to stress
 - If still menstruating:
 - Poor sleep prior to period
 - PMS
 - Vision problems, including cataracts
 - Excess cortisol

Section L

- Fatigue and lethargy
- Darkening of armpits, neck and groin; skin tags
- Absence of menstruation before menopause
- Brain fog
- Frequent urination
- Extreme thirst
- Abdominal obesity
- Crave carbs and sugar
- Difficulty losing weight
- Unusual weight gain
- Frequent infections
- Frequent and/or excessive hunger
- Difficulty with focus and concentration
- Low estrogen

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 to check for other health issues. Don't be surprised if you have issues in more than one section as one 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 Androgens/Testosterone

Section I: High Androgens/Testosterone
Section J: Hypothalamus
Section K: Low Melatonin
Section L: High Insulin