

DO YOU HAVE A HORMONE IMBALANCE?

POSSIBLE PROGESTERONE INSUFFICIENCY

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>		
1. My breasts are large or are getting larger	0	1	2	3	4	
2. I'm nervous and agitated.	0	1	2	3	4	
3. I feel anxious.	0	1	2	3	4	
4. I sleep lightly and restlessly.	0	1	2	3	4	
5. I tend to have abdominal bloating.	0	1	2	3	4	
6. For men, I have male pattern baldness "M" shape.	0	1	2	3	4	
7. For women, I felt wonderful when I was pregnant.	0	1	2	3	4	
8. My joints ache.	0	1	2	3	4	
<i>The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen and progesterone.).</i>						
9. My breasts are swollen and tender or painful before my period.	0	1	2	3	4	
10. I have fibrocystic breasts by exam or mammogram.	0	1	2	3	4	
11. My lower belly is swollen / bloated.	0	1	2	3	4	
12. I'm irritable and aggressive.	0	1	2	3	4	
13. I lose my self-control.	0	1	2	3	4	
14. I have heavy menstrual periods.	0	1	2	3	4	
15. I have spotting or breakthrough menstrual bleeding	0	1	2	3	4	
16. My menses occur more often than every 28 days.	0	1	2	3	4	
17. Menstruation is continuously painful.	0	1	2	3	4	
18. I have been diagnosed with endometriosis.	0	1	2	3	4	
19. I have uterine fibroids						

POSSIBLE TESTOSTERONE INSUFFICIENCY

<u>SIGNS & SYMPTOMS (MEN AND WOMEN)</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>		
1. My face has gotten slack and more wrinkled.	0	1	2	3	4	
2. I've lost muscle tone and is hard to build muscle mass	0	1	2	3	4	
3. I don't seem to have much muscle power /endurance.	0	1	2	3	4	
4. My abdomen tends to get fat.	0	1	2	3	4	
5. I am constantly tired or lack interest in doing things.	0	1	2	3	4	
6. I feel like making love less often than I used to.	0	1	2	3	4	
7. I am more anxious and not as self confident	0	1	2	3	4	
8. I have lost bone mineral density (osteopenia/osteoporosis)	0	1	2	3	4	
9. I have reduced nipple and/or clitoral sensitivity.	0	1	2	3	4	
10. I have less interest in sex than usual. Reduced Libido	0	1	2	3	4	
11. The quality and quantity of my orgasms has lessened.	0	1	2	3	4	
12. I seem to have lowered pain threshold; more sensitive to pain	0	1	2	3	4	
13. I have migraine /vascular headaches	0	1	2	3	4	
14. I have joint aches or stiffness	0	1	2	3	4	
SIGNS & SYMPTOMS (MEN ONLY)						
15. My breasts are getting fatty.	0	1	2	3	4	
16. I feel less self-confident and more hesitant.	0	1	2	3	4	
17. I am crabby or often in a bad mood	0	1	2	3	4	
18. My sexual performance is not as good as it used to be.	0	1	2	3	4	
19. The quality of my sleep has declined from when I was young	0	1	2	3	4	
20. I have hot flashes and sweats.	0	1	2	3	4	
21. I tire easily with physical activity.	0	1	2	3	4	
22. My body hair is thinning	0	1	2	3	4	
23. My skin is dry or not as oily as it used to be	0	1	2	3	4	
24. My penis is less sensitive than it used to be.	0	1	2	3	4	DHT

PATIENT NAME: _____ DATE: _____

POSSIBLE GROWTH HORMONE INSUFFICIENCY

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>	
1. My hair is thinning.	0	1	2	3	4
2. My cheeks sag.	0	1	2	3	4
3. My gums are receding.	0	1	2	3	4
4. My abdomen is flabby./I've got a "spare tire" due to abdominal fat.	0	1	2	3	4
5. My muscles are slack.	0	1	2	3	4
6. My skin is thinning and/or tears easily and/or is dry.	0	1	2	3	4
7. My skin bruises easily as though the blood vessels are fragile.	0	1	2	3	4
8. It's hard to recover after physical activity.	0	1	2	3	4
9. I feel exhausted.	0	1	2	3	4
10. I don't feel like the world. I tend to isolate myself.	0	1	2	3	4
11. I feel continuously anxious and worried.	0	1	2	3	4
SIGNS & SYMPTOMS (MEN ONLY)					
12. The size and firmness of my erections is reduced	0	1	2	3	4
13. My erections do not stay firm during sex	0	1	2	3	4
14. I am losing hair at the vertex/back of my head	0	1	2	3	4
15. I have a double chin (extra folds or tissue under my jawbone)	0	1	2	3	4

POSSIBLE DHEA INSUFFICIENCY

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>	
1. My hair is dry.	0	1	2	3	4
2. My skin and eyes are dry.	0	1	2	3	4
3. My muscles are flabby.	0	1	2	3	4
4. My belly is getting fat.	0	1	2	3	4
5. I don't have much hair under my arm.	0	1	2	3	4
6. I don't have much hair in the pubic area. (0=plenty of hair / 4=hairless).	0	1	2	3	4
7. I don't have much fatty tissue in the pubic area (flat "mound of venus" in women). (0=padded / 4=flat).	0	1	2	3	4
8. My body doesn't have much of a special scent during sexual arousal.	0	1	2	3	4
9. I am not tolerant to noise.	0	1	2	3	4
10. My sex drive / libido is low.	0	1	2	3	4
11. I have medical consequences of low DHEA: diabetes, osteoporosis, high blood pressure, autoimmune disease, inflammation, etc.	0	1	2	3	4

CORTISOL

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>	
1. Fatigue, especially in the morning	0	1	2	3	4
2. Do you have a hard time getting up in the morning?	0	1	2	3	4
3. Anxiety / Nervousness	0	1	2	3	4
4. Poor Stress Tolerance	0	1	2	3	4
5. Environmental sensitivities	0	1	2	3	4
6. Frequent viral infections	0	1	2	3	4
7. Absent-mindedness / Forgetfulness	0	1	2	3	4
8. Feeling spacey / Confusion /Poor concentration	0	1	2	3	4
9. Depression	0	1	2	3	4
10. Glaucoma	0	1	2	3	4
11. I get light headedness upon standing up	0	1	2	3	4
12. My muscles are relatively thin and underdeveloped	0	1	2	3	4
13. My jaw is relatively narrow and I have a broad forehead	0	1	2	3	4
14. I have relatively underdeveloped shoulders and neck	0	1	2	3	4

POSSIBLE ESTROGEN INSUFFICIENCY (Females Only)

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>	
1. I am losing hair on top / front of my head.	0	1	2	3	4
2. I'm getting thin, vertical wrinkles above my lips.	0	1	2	3	4
3. My breasts are drooping or becoming flat/less full.	0	1	2	3	4
4. I have facial hair.	0	1	2	3	4
5. My eyes are dry and easily irritated.	0	1	2	3	4
6. I have hot flashes.	0	1	2	3	4
7. I feel tired constantly. Daytime sleepiness	0	1	2	3	4
8. I am depressed.	0	1	2	3	4
9. My menstrual flow is light. (0=moderate/1-3=low/4=none)	0	1	2	3	4
10. If menstruating: My cycles are irregular, too short (<27 days), or too long (>31 days).	0	1	2	3	4
11. If not menstruating: I do not feel like making love anymore.	0	1	2	3	4
12. Vaginal dryness or lack of lubrication	0	1	2	3	4
13. Urine leaks with coughing, jumping, running, laughing, etc.	0	1	2	3	4
14. Frequent urinary tract infections or blood cells on urinalysis	0	1	2	3	4
15. Reduced or lack of sexual desire/libido	0	1	2	3	4
16. Reduced concentration, memory, or mental clarity.	0	1	2	3	4

POSSIBLE ESTROGEN EXCESS / PROGESTERONE INSUFFICIENCY (Females Only)

(in premenopausal women, condition may be related to menstrual cycle)

1. Agitation	0	1	2	3	4
2. Anxiety, Mood Swings, Depression	0	1	2	3	4
3. Weight Gain	0	1	2	3	4
4. Water Retention	0	1	2	3	4
5. Migraine / Vascular Headaches	0	1	2	3	4
6. Abdominal Bloating or lower abdominal fat deposition	0	1	2	3	4
7. Poor Sleep	0	1	2	3	4
8. Achy joints	0	1	2	3	4
9. Swollen, tender, or fibrocystic breasts	0	1	2	3	4
10. Spotting or breakthrough bleeding	0	1	2	3	4
11. Excessive or prolonged menstrual bleeding	0	1	2	3	4
12. Menses more frequent than every 28 days	0	1	2	3	4
13. Uterine Fibroids	0	1	2	3	4
Males: Fatty enlarged breast tissue (not muscle)	0	1	2	3	4
Prostate enlargement (BPH) / night time urination, etc.	0	1	2	3	4

Do you have any causes of ESTROGEN DOMINANCE? (✓ all that apply)

- Problems with detoxification (Lack of sulfur-containing amino acids and glutathione)
- Intestinal Dysbiosis (overgrowth of unhealthful bacteria or yeast)
- Insulin Resistance and abdominal obesity (loss of waist line; or waist is much larger than hips)
- Chronic stress (excess cortisol)
- Sleep deprivation.
- Working nights under bright lights & then sleeping during day (melatonin effect)
- Environmental toxins: xenoestrogens, fluoride, cadmium, tobacco, trans fatty acid consumption, air pollution
- Mineral Imbalances such as Zinc or Magnesium Deficiency.
- Hormone Imbalances: Testosterone, Progesterone, or thyroid deficiency
- Sedentary lifestyle and/or inadequate exercise
- Inadequate anti-oxidants in your foods (fruits and vegetables) or they are not fresh and unprocessed
- Liver Dysfunction (including medications that impair liver function)

Do you have any conditions that may be the consequence of ESTROGEN DOMINANCE? (✓ all that apply)

- Autoimmune diseases – Hashimoto's, SLE (lupus) – also due to Heavy metals, IgG4 Food Allergies, Parasites
- Cervical dysplasia and cervical cancer
- Endometriosis
- Gallbladder disease
- Cancers that may be dependent on hormones such as breast or uterine
- Fertility Problems
- Menstrual irregularities
- Polycystic Ovary Syndrome or Cysts on ovaries
- Premenstrual Syndrome

POSSIBLE THYROID INSUFFICIENCY

<u>SIGNS & SYMPTOMS</u>	<u>NEVER/NOT AN ISSUE</u>			<u>ALWAYS/VERY TRUE</u>	
1. I am sensitive / intolerant to cold.	0	1	2	3	4
2. My hands and feet are always cold.	0	1	2	3	4
3. In the morning my face is puffy and my eyelids are swollen.	0	1	2	3	4
4. I put on weight easily and find it hard to lose weight.	0	1	2	3	4
5. When I gain weight, it mostly occurs on my thighs/upper legs	0	1	2	3	4
6. I have dry skin.	0	1	2	3	4
7. I tend to be tired in the afternoons	0	1	2	3	4
8. I have trouble getting up in the morning.	0	1	2	3	4
9. I feel more tired at rest than when I am active.	0	1	2	3	4
10. I tend to be constipated.	0	1	2	3	4
11. My joints are stiff in the morning.	0	1	2	3	4
12. I feel like I am living in slow motion.	0	1	2	3	4
13. My hips are less than 10" larger than my waist	0	1	2	3	4
14. FEMALES: My breasts are relatively small	0	1	2	3	4
15. MALES: Hair loss primarily at the vertex of my scalp	0	1	2	3	4
16. I have blunt short palms	0	1	2	3	4
17. My ankles are large and thick (not due to water retention)	0	1	2	3	4