



Hormone Questionnaire

Estrogen/Progesterone Symptoms:

- I feel hot at night
- I have hot flashes during the day
- I have vaginal dryness
- I have a incontinence with coughing/sneezing or when I have to urinate
- I have discomfort with intercourse
- I have trouble falling asleep and/or staying asleep
- I am irritable and/or have a "short fuse"
- I am moody
- I feel anxious
- I have a history of fibroids, ovarian cysts, breast cysts, endometriosis, polycystic ovaries
- My breasts are sore
- I feel swollen
- I feel sedated during the day
- I have problems with acne
- My periods are heavy
- My periods are irregular
- I get significant PMS before my period

Cortisol Symptoms:

- I am exhausted during the day
- I am wired at night; I often get a second wind if I stay up past 11 pm
- I feel burned out
- I am under a lot of stress or have been for the past few years
- I have experienced physical or mental trauma in the past decade
- I feel "tired but wired"
- I have gained weight in my abdominal area
- I crave sugar and/or caffeine
- I feel like I am "running on adrenaline"
- I am exhausted after I exercise
- I wake up at night and can't get back to sleep
- I get night sweats

Thyroid Symptoms:

- I have chronic fatigue, weakness, lethargy
- I have cold hands and feet and am intolerant to cold temperatures
- I suffer from constipation
- I feel depressed and irritable
- My skin is dry
- My nails have ridges
- My hair is coarse and dry
- I notice swelling of my eyelids or face
- I feel like I can't take a deep breath
- I have hair loss (diffusely over the scalp) or thinning hair
- My memory is impaired
- I have a history of infertility or recurring miscarriages
- I have insomnia
- I noticed my eyebrows are thinner than they used to be