

## HORMONE QUESTIONNAIRE

Do you have or have you experienced any of the following in the past 6 months? (Tick any statements that apply to your health).

### PART A (HC):

- A feeling you are 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 a 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, usually of the chocolate variety)?
- Increased abdominal circumference, greater than 88cm (the dreaded abdominal fat or muffin top – not bloating)?
- Skin conditions such as eczema or thin skin (sometimes physiologically and psychologically)?
- Bone loss (your doctor may have used scarier terms such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat unrelated to those cute red shoes in the store window?
- High blood sugar (someone may have mentioned prediabetes, or even diabetes or insulin resistance)? Shakiness between meals, also known as blood sugar instability?
- Indigestion, ulcers or GERD (gastroesophageal 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 (LC):

- 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 2pm-5pm?
- An atypical addiction to a negative point of view?
- Outbursts of crying 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 1am-4am?

- Low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Postural hypotension (you stand up from lying down and feel dizzy)?
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory)?  
Difficulty recovering from illness or surgery or healing wounds?
- Asthma, bronchitis, chronic cough or allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excess sweating?
- Nausea, vomiting or diarrhoea? Or loose stool alternating with constipation?
- Muscle weakness, especially around the knee? Muscle or joint pain?
- Haemorrhoids 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 (a sign of low cortisol/low thyroid combo)?

**PART C (LP):**

- 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? (Rely on pain killers to get through)
- Bloating, particularly in the ankles and belly, and/or fluid retention (you gain weight just 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 (you've been trying hard to conceive, you'll be 35 or older in 6 months)?
- Miscarriage in the first trimester?

**PART D (EE):**

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips & butt?
- 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 frequent headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Gallbladder problems (or removal)?

**PART E (LE):**

- Poor memory (you walk into a room to do something, then wonder what it was, or draw a blank)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy (or more commonly, dysthymia: low-grade depression that lasts more than 2 weeks)?
- Wrinkles (your favourite skin cream no longer works miracles)?
- Night sweats or hot flushes?
- Trouble sleeping, waking in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts or breasts lessening in volume?
- Sun damage more obvious, on your chest, face & shoulders?
- Achy joints (you feel positively geriatric at times)?
- Recent injuries, particularly to wrists, shoulders, lower back or knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation or loss of feeling?
- Low libido?
- Painful sex?

**PART F (EA):**

- Excess hair on your face, chest or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning head hair?
- Discolouration of your armpits (darker & thicker than your normal skin)?
- Skin tags, especially on your neck & upper torso?
- Hyperglycaemia or hypoglycaemia and/or unstable blood sugar?
- Reactivity and/or irritability or excessively aggressive or authoritarian episodes (also known as 'roid rage')?
- Depression? Anxiety?
- Menstrual cycles occurring more than every 35 days?
- Ovarian cysts?
- Midcycle pain?
- Infertility?
- PCOS (Polycystic Ovarian Syndrome)?

## **PART G (LT):**

- Hair loss including 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 kilos 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?
- 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 extra layers of clothing)?
- Slow speech, often with a hoarse voice?
- A slow heart rate or bradycardia?
- 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?
- Depression or moodiness (the world is not as rosy as it used to be)?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid? Difficulty swallowing? Enlarged tongue?
- A family history of thyroid problems?