

FEMALE HORMONE AND INSULIN RESISTANCE SYMPTOM QUESTIONNAIRE

Name:

Date:

Vasomotor /Adrenaline symptoms	Nil	Mild	Moderate	Severe	Cyclical
Hot flushes					
Night sweats					
Panic attacks/anxiety					
Palpitations/heart racing					
Poor sleep/sudden wakening					
Vivid dreams/nightmares					

Mood/Concentration/Psychological					
Tiredness (particularly on waking)					
Mid-afternoon fatigue					
Mood swings/hypo- and hyper- active					
Aggressive/short fuse					
Depressed/low feeling					
Paranoid/negative feelings					
Loss of confidence					

Insulin resistance/glucose intolerance					
Centralised abdominal weight gain					
Difficulty losing weight/fluctuating weight					
Carbohydrate cravings/unusual hunger					
Dizzy episodes/out-of-body					
Facial spots					
Increased facial hair					
Increased body hair					
Thinning scalp hair					
Crawling/itching skin					

Bladder/Vaginal/Menstrual Symptoms					
Urinary frequency					
Urinary urgency					
Getting up at night to pass urine					
Leaking on coughing/straining					
Vaginal dryness					
Lack of sexual interest/performance					
Vaginal discharge					

Bowel related Symptoms					
Nausea					
Bloating					
Abdominal pain					
Constipation/irritable bowel/bowel urgency					

Collagen Symptoms	Nil	Mild	Moderate	Severe	Cyclical
Early morning/constant joint pains					
Dry, itchy eyes					
Blurred vision/runny eyes					
Dry skin/itchy skin/brittle nails					
Dry ears/itchy ears					
Dry mouth/mouth ulcers					
Thirsty, burning mouth, metallic taste					
Dry nose/nose bleeds					
Increased skin irritation/eczema/rashes					
Snoring/sleep apnoea					

Vascular Symptoms (reduced blood flow due to arterial spasm)					
Loss of memory/concentration					
Clumsiness					
Headaches					
Restless legs/leg cramps					
Tight chest on exertion					
Cold hands and/or feet					
Tingling fingers/toes					
Poor healing					

Inflammatory symptoms					
Rosacea					
Skin staining/discolouration/tags					
Fluid retention/Puffiness					
Breast tenderness					
Vaginal discharge					
Tingling fingers/toes					
ringing ears					
Sinusitis					

Current Medication (including non-prescription items)					