

# Hormone Questionnaire For Women

## Group 1

- PMS
- Early miscarriage
- Unexplained weight gain
- Anxiety
- Cyclical headaches
- Insomnia
- Painful and/ or lumpy breasts
- infertility

**Number of boxes checked in this section** \_\_\_\_\_

*If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have.*

## Group 2

- Vaginal dryness
- Painful intercourse
- Bladder infections
- Hot flashes
- Night sweats
- Memory loss
- Lethargic depression

**Number of boxes checked in this section** \_\_\_\_\_

*If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have.*

## Group 3

- Puffiness or bloating
- Rapid weight gain in hips & abdomen
- Mood swings
- Anxious depression
- Insomnia
- Gallbladder problems
- Cervical dysplasia (abnormal pap smear)
- Hysterectomy
- Fibro-myalgia
- Breast tenderness
- Heavy bleeding
- Migraine headaches
- Foggy thinking
- Weepiness
- Red flush on face
- Fibrocystic breasts
- Water retention

**Number of boxes checked in this section** \_\_\_\_\_

*If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have.*

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### Group 4

- A combination of groups 1 & 3 totaling at least 2 in each group.

If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have.

### Group 5

- Acne
- Excessive hair on face and arms
- Polycystic ovary syndrome (PCOS)
- Low or unstable blood sugar
- Ovarian Cysts
- Thinning hair on head
- Mid-cycle pain
- Infertility

**Number of boxes checked in this section** \_\_\_\_\_

If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have.

### Group 6

- Debilitating fatigue
- Foggy thinking
- Thin or dry skin
- Intolerance for exercise
- Low blood pressure
- Brown spots on the face
- Unstable blood sugar

**Number of boxes checked in this section** \_\_\_\_\_

If you have checked two or more boxes check answer page to find out what kind of hormonal imbalance you may have