

## **WOMEN'S HORMONE QUESTIONNAIRE**

### **Women's Estrogen Hormone Profile Test**

Hot Flashes  
Night Sweats  
Vaginal Dryness & Irritation  
PMS symptoms  
Lethargy or Depression  
Apathy and Malaise  
Memory Lapses  
Mood Swings  
Anxiety  
Insomnia  
Weight Gain  
Migraines  
Swelling, puffiness, water retention  
Bloating  
Achy, joint pains  
Difficulty concentration  
Heart Palpitations  
Headaches  
Frequent Bladder Infections  
Reduction in Breast Fullness  
Low Libido (sex drive)  
Low self esteem  
or sense of well being  
Foggy thinking, unable to focus  
Sleep Disturbances  
Tearfulness  
Food Cravings  
Incontinence or Urinary Stress  
Bone Loss (Osteoporosis)

### **Women's Progesterone Hormone Profile Test**

Tender Breasts  
Water Retention  
Weepiness – Tearfulness  
Cyclical Headache-Migraines  
Irritability & Quick to Anger  
Anxiety & Moodiness  
Breast Enlargement  
Puffiness and Bloating  
Painful Menstrual Cramps  
Short Term Memory Loss  
Heavy Menses  
Sleep Disturbances – Insomnia  
Sugar Cravings – Hypoglycemia  
Not Ovulating  
Irregular Periods

## **Women's Testosterone Hormone Profile Test**

### **Deficiency:**

Low Libido (sex drive)

Thinning skin

Loss of Muscle & Muscle Mass

Fatigue – Feeling “Burned Out”

Decreased Flexibility

Decreased Mental Ability

Decreased Stamina

Heart Palpitations

Malaise-lack of drive or energy

Foggy Thinking

Fibromyalgia

### **Excess:**

Excess body hair – face and arms

Acne

Oily skin

Aggression

Irritability

Anxiety or nervousness

Loss of scalp hair

Elevated triglycerides

Hypoglycemia, unstable blood sugar

If you suffer from four or more of these symptoms you may be suffering from a significant hormone deficiency. Call us today to schedule your evaluation.