

Name \_\_\_\_\_

Date: \_\_\_\_\_

### Hormone Imbalance Checklist

Mark Symptoms you have had regularly in the last 6 months

- Initial Visit: \_\_\_\_\_
- 3 month Visit: \_\_\_\_\_
- 6 month Visit: \_\_\_\_\_
- 12 month visit: \_\_\_\_\_

#### PROGESTERON DEFICIENCY

- Acne
- Cyclical Headaches
- Anxious-Depression/ Mood swings
- Dry brittle hair
- Fuzzy thinking
- Infertility/ Early Miscarriage
- Insomnia
- Irregular Menses
- Joint pain
- Low libido
- Painful/lumpy breast
- PMS
- Unexplained weight gain

#### PROGESTERONE EXCESS

- Blurry Vision
- Breast swelling
- Candida Exacerbations
- Constipation
- GI bloating
- Heartburn
- Menstrual Cycle < 25 days
- Runny and Irritable Nose

#### ESTROGEN EXCESS

- Allergies
- Anxious/Irritable Depression
- Weepiness/Mood Swings
- Breast tenderness
- Cravings for Sweets
- Dry Eyes
- Fatigue
- Foggy thinking
- Gallbladder disease
- Hair loss
- Heavy Menstrual Bleeding
- Insomnia
- Migraine headaches
- Red flushed face
- Menstrual Cycle > 29 days
- Uterine Fibroids
- Water retention, Bloating
- Weight Gain, rapid

#### ESTROGEN DEFICIENCY

- Bladder Infections
- Bone loss/Osteoporosis
- Dry Skin
- Heart Palpitations
- Hot flashes/ Night sweats
- Lethargic Depression
- Low Libido
- Foggy thinking/Memory Loss
- Vaginal dryness

#### ANDROGEN DEFICIENCY

- Bone loss/Osteoporosis
- Fatigue/ Blunted motivation
- Fibromyalgia/Cramping muscles
- Heart palpitations
- Low Libido
- Foggy thinking/Memory Loss
- Muscle weakness
- Thinning skin
- Vaginal dryness

#### ANDROGEN EXCESS

- Acne
- Excess hair on the face/arms
- Infertility
- Irritability
- Low Blood Sugar/Hypoglycemia
- Mid-cycle pain
- Ovarian cysts/ PCOS
- Thinning hair on the head

#### ADRENAL EXHAUSTION

- Allergies and hives
- Asthma, wheezing
- Brown spots on the skin
- Calm outside, troubled inside
- Chronic Fatigue/Exhaustion
- Chronic low back pain
- Circulation poor
- Dark circles under eyes
- Debilitating pain
- Dizzy on standing
- Foggy thinking/Memory Loss
- Headache in the afternoon
- Intolerance to exercise
- Low Blood Sugar/Hypoglycemia
- Non-specific joint pain
- Palpitations
- Perspires easily
- Salt cravings
- Sensitive to fumes/chemicals
- Sensitive to light
- Thin or dry skin
- Water retention, Bloating
- Weak ankles or shin splints
- Weak, brittle nails or hair

#### DHEA DEFICIENCY (Adrenal +)

- Anger, frustration, panic
- Easy clot formation
- High cholesterol
- Immune dysfunction/ Frequent colds
- Insulin resistance
- Low libido
- Osteoporosis
- Reduced T3
- Wrinkles, thin skin

#### ADRENAL EXCESS

- Anxiety
- Clench or grind teeth
- Elevated Triglycerides
- Feel wired/jittery w/ coffee
- Low libido
- Sleep disturbance
- Tired but wired

#### HYPOTHYROID

- Cold hands/feet/skin
- Constipation
- Deafness
- Decreased sweating
- Depression
- Eczema, Acne, Itching, Coarse/Dry skin
- Eyebrow loss, outside corners
- Fatigue/Lethargy
- Fibromyalgia/Stiff, cramping muscles
- Foggy thinking/Memory Loss
- Hair loss/dryness/brittleness
- Headache, afternoon
- Hoarseness
- Increased serum cholesterol
- Labored breathing
- Loss of appetite
- Menstrual irregularity/Scanty
- Nervousness
- Pain over the heart
- Pallor of lips/ skin
- Rib tenderness
- Slow speech
- Swelling ankles/hands/Feet
- Swelling of eyelids or face
- Swelling or Thick tongue
- Weakness
- Weight Gain, unexplained