

# Female Hormone Questionnaire

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

Name: \_\_\_\_\_ Age: \_\_\_\_\_.

Are you in Menopause?: Yes / No. Weight: \_\_\_\_\_ kg.

Did you have a Hysterectomy?: Yes / No. Ovaries removed?: Yes / No. At what age?: \_\_\_\_\_.

Are you Peri-menopausal (close to menopause)?: Yes / No.

Are you menstruating regularly?: Yes / No. Date of last menstruation: \_\_\_\_\_.

## **Notes:**

Please score SEVERE symptoms with 3 points, MODERATE symptoms with 2 points and MILD symptoms with 1 point and if not applicable please score 0.

## 1. Estrogen Sensitivity

### High Estrogen sensitivity (Predominant Progesterone deficient)

Dense breasts / Breast cysts \_\_\_\_\_

High colour / Voluptuous body shape / Healthy hair \_\_\_\_\_

Heavy periods / Breast tenderness pre-menses \_\_\_\_\_

Total (Maximum 9): \_\_\_\_\_

### Low Estrogen sensitivity (Predominant Estrogen deficient)

Irregular menstruation with light or irregular periods \_\_\_\_\_

Droopy / Non dense breasts \_\_\_\_\_

More athletic build / Oily dull hair \_\_\_\_\_

Total (Maximum 9): \_\_\_\_\_

## 2. Hormone Deficiency Symptoms

### Progesterone Deficiency

Nervous and agitated \_\_\_\_\_

Anxious \_\_\_\_\_

Weight gain \_\_\_\_\_

Poor sleep, insomnia \_\_\_\_\_

Swollen and reddish face \_\_\_\_\_

Increased abdominal fat \_\_\_\_\_

Bloating \_\_\_\_\_

Swollen feet and ankles \_\_\_\_\_

Loss of self-control \_\_\_\_\_

Total (Maximum 27): \_\_\_\_\_

**Estrogen Deficiency**

- Losing hair on top of head \_\_\_\_\_
- Thin vertical wrinkles above lips \_\_\_\_\_
- Droopy breasts \_\_\_\_\_
- Hair on face \_\_\_\_\_
- Eyes dry and easily irritated \_\_\_\_\_
- Poor memory / Foggy thinking \_\_\_\_\_
- Decreased concentration \_\_\_\_\_
- Night sweats \_\_\_\_\_
- Hot flushes \_\_\_\_\_
- Constant tiredness \_\_\_\_\_
- Vaginal dryness \_\_\_\_\_
- Depressed \_\_\_\_\_
- Low libido \_\_\_\_\_

Total (Maximum 39): \_\_\_\_\_

**Testosterone Deficiency**

- Face has become slack / wrinkled \_\_\_\_\_
- Bone density loss \_\_\_\_\_
- Anxiety \_\_\_\_\_
- Loss of libido \_\_\_\_\_
- Reduced muscle tone \_\_\_\_\_
- Expanded waistline \_\_\_\_\_
- Cellulite on thighs \_\_\_\_\_
- Varicose veins \_\_\_\_\_
- Constant tiredness / Post exercise exhaustion \_\_\_\_\_
- Hesitant, undecided, loss of self confidence \_\_\_\_\_
- Excessive emotions \_\_\_\_\_
- Loss of nipple / clitoral sensitivity \_\_\_\_\_

Total (Maximum 36): \_\_\_\_\_