



## Hormonal Health Self Assessment

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### Estrogen excess

- breast tenderness
- fibrocystic breasts
- mood swings
- irritability
- anxiety
- heavy bleeding
- endometrial thickening
- endometriosis
- uterine fibroids
- breast cancer

### Estrogen deficiency

- hot flashes
- night sweats
- vaginal dryness
- osteopenia
- osteoporosis

### Androgen excess

- acne
- loss of scalp hair
- increased body hair
- increased facial hair
- PCOS
- insulin resistance

### Androgen deficiency

- vaginal dryness
- decreased libido
- muscle loss
- bone loss

### Adrenal dysfunction

- sugar cravings
- increased appetite
- weight gain
- diabetes
- mood disturbances
- anxiety
- depression
- irritability
- insomnia
- fatigue
- feel wired but tired
- poor memory
- poor immunity
- high blood pressure
- low blood pressure
- dizziness
- bone loss

### Thyroid dysfunction

- fatigue
- weight gain
- scalp hair loss
- thinning eyebrows
- brittle fingernails
- always feel chilly
- depression
- constipation
- aches and pains
- headaches
- poor reflexes
- fibrocystic breasts