



QUIZ

Are Hormones Part Of Your Health Issues?

Hormones are part of the elegant signalling system that helps your body to produce cycles such as the menstrual cycle and the sleep/wake cycle, they determine how quickly you metabolize fuels, they help you respond to stress, and are part of the system that maintains body tissues, along with a myriad of other functions. Hormonal imbalances can therefore create a number of symptoms that reflect a change in the level of one or more hormones. This survey will help you to see if some of your symptoms might be related to changes in hormones.

Interpreting The Results Of This Quiz

A correct diagnosis may require laboratory testing, particularly if there are signs of more than one hormone being imbalanced. It is one thing to have symptoms of a hormonal excess or of hormonal deficiency. It is another to help the body to find balance! Hormone deficiencies are not as simple as putting in more hormone. It is important to recognize that there can be many reasons why hormones become imbalanced, so make sure to take these results into the clinic with you so that we can help you to find the best plan to make it right.

Scoring:

- 0 for never**
- 1 mild, transient**
- 2 occasional, noticeable**
- 3 consistent but not always troublesome**
- 4 frequently and becoming worrisome**
- 5 for always/constant and concerning**

DHEA

- ___ 1. Sparse axillary hair (under arms)?
- ___ 2. Thin and sparse pubic hair?
- ___ 3. Fatty lower abdomen?
- ___ 4. Frequent illness?
- ___ 5. Lack of sexual interest/desire?
- ___ 6. General ill-being?

TOTAL ___

Pregnenolone

- 1. Joint stiffness?
- 2. Poor memory (short/long term)?
- 3. Back pain?
- 4. Joint problems?
- 5. Headaches?
- 6. Hearing loss, ringing in ears?

TOTAL ____

Testosterone:Estrogen Ratio

Fitness

- 1. Poor flexibility?
- 2. Low tolerance to any exercise?
- 3. Poor muscle tone in arms?
- 4. Poor muscle tone in legs?
- 5. Loss of muscle strength?

Body Fat

- 6. Excess fat on breasts?
- 7. Fat on belly?
- 8. Fat on hips and buttocks?
- 9. Cellulite (thighs/buttocks)?

General Health

- 10. Sunburn easily?
- 11. Varicose veins?
- 12. Bruise easily?
- 13. Slow wound healing response?
- 14. Difficulty urinating?
- 15. Dry eyes?
- 16. Dry mouth?
- 17. Pale appearance to skin?
- 18. Skin acne and/or boils?
- 19. Wrinkles on forehead?
- 20. Wrinkles around eyes?
- 21. Gums bleed easily?

Emotions/Mental

- 22. Loss of drive /motivation?
- 23. Poor self image?
- 24. Depression?
- 25. Overly sensitive/emotional?
- 26. Poor Memory?
- 27. Poor concentration?

Sexuality

- 28. Difficulty achieving orgasm?
- 29. Unsatisfactory orgasm intensity?
- 30. Difficulty becoming sexually aroused?
- 31. Lack of interest in sex?
- 32. Hard to achieve satisfying orgasms?
- 33. Inability to achieve vaginal lubrication?
- 34. Long periods of abstinence?
- 35. How much lower is your sex drive now than when you were 20?

TOTAL ____

Male – Testosterone

- 1. Weak erections?
- 2. Lowered frequency of erections?
- 3. Lowered frequency of early morning erections?
- 4. Graying hair?
- 5. Hair loss on upper scalp?
- 6. Irritable?
- 7. Poor beard growth?
- 8. Hearing loss?
- 9. Sparse hair on chest?
- 10. Sparse hair on abdomen?
- 11. Sparse hair on Legs?
- 12. Shortness of breath?

TOTAL ____

Female – Estrogen

- 1. Periods are irregular & painful?
- 2. Periods have stopped (menopausal)?
- 3. Lethargy, fatigue, memory loss?
- 4. Vaginal dryness?
- 5. Pain during intercourse?
- 6. Excess body hair?
- 7. Small breasts?
- 8. Drooping, limp breasts?
- 9. Bladder infections?
- 10. Urinary incontinence?
- 11. Hot flushes?
- 12. Night Sweats?
- 13. Loss of libido?
- 14. Tension, irritability, anxiety?
- 15. Headache?
- 16. Joint pains and/or stiffness?
- 17. Weight gain?
- 18. Thinning hair?
- 19. Ageing wrinkled skin?
- 20. Wrinkles above lip?

TOTAL ____

Thyroid

- 1. Extra sensitive to cold, during winter?
- 2. Cold hands and/or feet?
- 3. Poor circulation?
- 4. Tired?
- 5. Tired when waking in morning?
- 6. Tired at rest when not moving?
- 7. Reduced vitality?
- 8. Lack of energy?
- 9. Sleepy during day?
- 10. Slow movements & reaction time?
- 11. Distracted?
- 12. Depressed?
- 13. Headaches?
- 14. Poor memory?
- 15. Poor concentration?

- 16. Nervous?
- 17. Irritable?
- 18. Swollen eyelids or a puffy face?
- 19. Swollen hands or feet?
- 20. Tendency to gain weight?
- 21. Poor appetite?
- 22. Always hungry?
- 23. Frequent Constipation?
- 24. Intolerance to fatty foods?
- 25. Bedwetting as a child?
- 26. Nose bleeds?
- 27. Slow heart palpitations?
- 28. Muscle cramps at night in limbs (Feet, calves, hands)?
- 29. Aching wrists or carpal tunnel syndrome?
- 30. Stiff joints in the morning?
- 31. Joint pain worse during cold 0 1 2 3 and/or wet weather?
- 32. Hoarse voice in morning?
- 33. Ear tingling and/or deafness?
- 34. Sore throat often?
- 35. Bronchitis?
- 36. Dry skin (face, elbows, legs)?
- 37. Lack of perspiration during physical activity?
- 38. Finger nails- brittle/slow to grow?
- 39. Slow hair growth?
- 40. Rarely thirsty?

TOTAL ____

Growth Hormone

- 1. Thinning hair?
- 2. Thin skin?
- 3. Deep wrinkled face?
- 4. Thin Lips?
- 5. Sagging cheeks?
- 6. Loose skin under chin?
- 7. Bags under eyes?
- 8. Ridges in your nails?
- 9. Receding gums?
- 10. Sagging skin under arm?
- 11. Flabby drooping belly?
- 12. Sagging body?
- 13. Increased body fat?
- 14. Wrinkled hands?
- 15. Sagging buttocks?
- 16. Cellulite?
- 17. Flabby inside thighs?
- 18. Fat cushions above the knee?
- 19. Frequent infections?
- 20. Frequent colds or flu?
- 21. Decreased muscle strength?
- 22. Decreased muscle mass?
- 23. Do you get tired easily?
- 24. Constantly tired?
- 25. Difficulty recovering after a late night?

- 26. Difficulty staying up past 12pm?
- 27. Need for a lot of sleep?
- 28. Low resistance to stress?
- 29. Feel unable to cope with stress?
- 30. Unassertive, complacent, meek?
- 31. Too emotional?
- 32. Loss of self-control?
- 33. Unexplained mood swings?
- 34. Low self esteem?
- 35. Anxious?
- 36. Depression?
- 37. Intolerance to cold?
- 38. Feel isolated, prefer to stay in?
- 39. Sharp voice?
- 40. Losing temper, screaming easily?
- 41. Decrease in sex drive &/or libido?
- 42. Weaker erections or a decrease in vaginal lubrication?

TOTAL ____

Cortisol

- 1. Shortness of breath?
- 2. Allergic reactions, sneezing, runny nose, sore throat?
- 3. Do you feel the need to nap or rest for long periods of time?
- 4. Low resistance to stress?
- 5. Dizzy when standing up?
- 6. Low blood pressure?
- 7. Fast beating heart in stressful situations?
- 8. Feel better after eating something sweet?
- 9. Crave salty or spicy foods?
- 10. Digestive problems?
- 11. Nausea?
- 12. Underweight?
- 13. Inflammatory arthritis?
- 14. Intolerance to medications?
- 15. Allergic symptoms present in (nose, throat, ears and/or skin)?
- 16. Food allergies?
- 17. Large brown age spots?
- 18. Large white spots of depigmentation?
- 19. Eczema?

TOTAL ____

Cortisol Excess

- 1. Balloon like swollen face?
- 2. Excitable?
- 3. Excessive Energy?

TOTAL ____

Female Progesterone: Estrogen Ratio

- 1. Abdominal cramping?
- 2. Night sweats?
- 3. Hot flushes?
- 4. Vaginal dryness?
- 5. PMS?
- 6. Impatient?
- 7. Moody?
- 8. Anxiety attacks?
- 9. Vaginal yeast infections?
- 10. Water retention?
- 11. Rapid mood swings?
- 12. Depression prior to menstruation?
- 13. Ovulation pain prior to menstruation?
- 14. Painful swollen breasts?
- 15. Painful swollen belly?
- 16. Emotionally irritable and excitable?
- 17. Gums bleed easily?
- 18. Dry flaky hair/skin?
- 19. High Blood Pressure?

TOTAL ____

Melatonin

- 1. Go to bed later than 10pm?
- 2. Feel tired and un-rested after going to bed late the night before?
- 3. Awaken at night and have difficulty returning to sleep?
- 4. Need to, darken room, remove noise, turn off TV or radio in order to sleep?
- 5. Mull or worry over problems at night?
- 6. Suffer from jet lag when traveling? Feel un-rested upon waking in the morning?
- 7. Tendency to sleep late and must use alarm clock to awaken?

TOTAL ____

Add up your scores for each of the sections above and compare with the values in the Table below to evaluate possible hormone deficiencies.

Hormone	Low/Mild Deficiency	Moderate Hormone Deficiency	Serious Hormone Deficiency	Severe Hormone Deficiency
DHEA	1-2	3-5	6-11	12+
Pregnenolone	1-2	3-5	6-11	12+
Testosterone:Estrogen Ratio	1-5	6-24	25-49	50-75
Female - Estrogen	1-4	5-19	20-49	50-75
Thyroid	1-14	15-40	41-81	82-123
Growth Hormone	1-11	12-41	42-83	84-126
Cortisol	1-5	6-18	19-37	38-57
Cortisol Excess	1-2	3-4	5-7	8-9
Female - Progesterone:Estrogen Ratio	1-5	6-17	18-35	36-54
Melatonin	1-5	6-10	11-15	16-24

Adapted from the Pharmaceutical Compounding Inc's Hormone Deficiency? by Bill Anton PhD, 2005 Pathlab Australia

How did you do? If you scored in the moderate to severe category for any hormone it is recommended that you follow up with Dr. Gaul or your own local naturopathic expert and get a plan to resolve the imbalances.

Need help? Contact us!

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