

BALANCE POINT HEALTH CENTRE

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Hormone Symptom Quiz

Insulin / Blood Sugar Balance

- Cravings for starches or sweets
- Insomnia - waking in the middle of the night
- Hangry - moody if go too long without eating
- Sleepy after meals
- Energy Spikes and crashes
- Stubborn weight gain
- Foggy thinking

Adrenal Fatigue (HPA Axis Dysfunction)

- Cravings for salt, sugar/carbs
- Afternoon energy crash
- Belly Fat
- Difficult to get out of bed in morning
- Easily catches colds/flu
- History of chronic or acute stress
- Low blood pressure
- Anxiety or depression

Low Thyroid

- Weight gain
- Fatigue
- Feeling cold
- Dry skin, hair loss
- Constipation
- Depression
- Foggy thinking
- High cholesterol

Low Progesterone (Estrogen Dominance)

- Irregular cycles, especially shorter than normal
- Headaches
- Irritability
- Worsening PMS
- Breast tenderness
- Heavier bleeding and/or cramping
- Hot flashes and night sweats
- Insomnia
- Anxiety

Low Androgen (DHEA & Testosterone)

- Low energy, stamina, strength
- Difficulty building lean muscle mass
- Low self-esteem/confidence
- Low libido
- Vaginal dryness
- Hair loss

High androgen (DHEA & Testosterone)

- Acne, greasy skin and hair
- Hair loss on head
- Hair growth on face or abdomen
- High libido
- Irritable/aggressive, road rage
- Irregular or absent menses

LOW ESTROGEN

- Dry/thinning skin
- Vaginal dryness, dry eye
- Hair loss
- Low mood/energy
- Lighter or skipped periods
- Low libido
- Hot flashes and night sweats
- Aching joints
- Insomnia
- Memory problems
- Heart palpitations/panic
- UTI's and stress incontinence