

Combining leading edge science and the art of medicine



Signature Wellness

Hormone Quiz

Signature  **Wellness**

3125 Springbank Lane • Suite A • The Arboretum • Charlotte • 704-752-9346

1105 Spruce Street • Suite 102 • Belmont • 704-752-9346

General Quiz

Let's start with a short, general quiz, just to get you thinking about how you are feeling from the inside out.

Please rate each of the following symptoms on a scale of 0 to 3:

0 = Does not apply to me

1 = Maybe a little bit

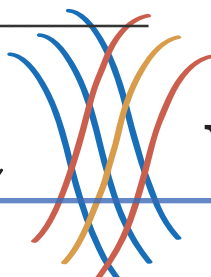
2 = Happens often

3 = All the time

- Fatigue
- Anxiety
- Irritability
- Difficulty coping with stress
- Depression
- Cry easily
- Major mood swings
- Sleepy during the day
- Forgetful
- Headaches/Migraines
- Cold hands and feet
- Dizzy or lightheadedness
- Dry skin
- Hair falling out
- Brittle nails
- Craving sweet or salty foods
- Bloating
- Weight gain
- Tender breasts
- vaginal dryness
- Not interested in sex anymore
- Insomnia
- Wake up hot at night
- Sweat easily or at unexpected times

What is your total score? _____

Signature



Wellness

Score your test:

If your total score is less than seven, hormone imbalance may not be an issue for you. It might be time to explore other reasons with your physician for why you don't feel quite normal.

If your total score is between seven and eleven, you may be able to correct occasional symptoms of hormonal imbalance easily through lifestyle changes that will be detailed later in this book.

If your total score is more than twelve, it is likely that you have a hormonal imbalance that needs attention. You may want to look into ways you can improve your overall health and correct some of these imbalances.

Progesterone Quiz

Circle YES or NO to the following questions:

Do you have insomnia or trouble sleeping?	YES NO
Do you have painful or lumpy breasts?	YES NO
Do you have heavy bleeding or clots during your period?	YES NO
Do you have irregular periods?	YES NO
Do your periods come more frequently than twenty-eight days apart?	YES NO
Do you have major mood swings?	YES NO
Do you have night sweats?	YES NO
Do you suffer from PMS?	YES NO
Do you get headaches associated with your period?	YES NO
Have you experienced infertility?	YES NO
Have you recently had an unexplained weight gain?	YES NO
Have you had an early miscarriage?	YES NO
Do you tend to be anxious?	YES NO
Are you more irritable or impatient than in the past?	YES NO

Count the total number of YES responses - total score? _____

Score your test:

If you answered YES to fewer than five of the questions above, low progesterone is not likely to be an issue for you.

If you answered YES to between five and seven of the questions above, you may have a progesterone deficiency.

If you answered YES to eight or more questions above, it is likely that your progesterone levels are low.

If you answered YES to a lot of the questions on this quiz, you are not alone. Progesterone deficiency is the most common hormonal imbalance in women, regardless of age.

704-752-9346

Estrogen Quiz

Circle YES or NO in response to the following questions:

Are your periods becoming very light and infrequent?	YES NO
Have your periods ended?	YES NO
Do you feel more tired?	YES NO
Are you having memory problems?	YES NO
Have you gained weight?	YES NO
Do you suffer with dry eyes?	YES NO
Do you have problems finding the word you want?	YES NO
Do you have a hard time falling asleep?	YES NO
Do you randomly break out in a sweat?	YES NO
Are you depressed?	YES NO
Have you lost interest in sex?	YES NO
Do you have vaginal dryness?	YES NO
Do you urinate frequently?	YES NO
Do you often feel like your heart is racing?	YES NO
Have you noticed an increase in facial hair?	YES NO
Is your skin dry or itchy?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you have answered YES to fewer than five questions, you probably do not suffer from estrogen deficiency.

If you answered YES to between five and seven questions, you may have some estrogen deficiency.

If you answered YES to eight or more questions, it is likely that you are suffering from estrogen deficiency.

Did you know that estrogen has more than four hundred functions in the body. It is one powerful hormone!

704-752-9346

Testosterone Quiz

Circle YES or NO in response to the following questions:

Has your libido decreased?	YES NO
Do you lack initiative?	YES NO
Has your self-confidence lowered?	YES NO
Have you lost your competitive drive?	YES NO
Are you often tired?	YES NO
Have you gained weight around your waist?	YES NO
Have you lost muscle tone?	YES NO
Do you have a hard time making decisions?	YES NO
Are you depressed?	YES NO
Are you less goal-oriented?	YES NO
Is your skin more saggy?	YES NO
Do you have vaginal dryness?	YES NO
Is intercourse uncomfortable?	YES NO
Are you having incontinence?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you answered YES to fewer than five questions above, low testosterone may not be an issue for you.

If you answered YES to between five and seven questions above, you may be affected by low testosterone levels.

If you answered YES to eight or more of the questions above, it is likely that you suffer from testosterone deficiency.

704-752-9346

Testosterone(2) Quiz

Circle YES or NO in response to the following questions:

Have you experienced balding or thinning hair?	YES NO
Do you have acne?	YES NO
Have your periods stopped or become irregular?	YES NO
Is hair growing on your face, neck, chest, or abdomen?	YES NO
Do you anger easily?	YES NO
Have you experienced salt or sugar cravings?	YES NO
Do you perspire more easily?	YES NO
Do you have more body odor recently?	YES NO
Do you have oily skin?	YES NO
Do you have oily hair?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you answered YES to fewer than four of the questions above, excess testosterone is not likely to be an issue for you.

If you answered YES to between four and six of the questions above, you may be experiencing excess testosterone levels.

If you answered YES to seven or more of the questions above, it is likely that you are experiencing testosterone excess.

704-752-9346

Adrenal Quiz

Circle YES or NO in response to the following questions:

Do you have a hard time getting up in the morning?	YES NO
Do you have a drop in energy in the late afternoon?	YES NO
Do you have hair loss?	YES NO
Do you have low blood pressure?	YES NO
If you stand up quickly, do you feel like you might pass out?	YES NO
Do you get recurrent infections?	YES NO
Are you under a lot of emotional stress?	YES NO
Have you lost your sex drive?	YES NO
Are you sensitive to light and noise?	YES NO
Do you have panic attacks?	YES NO
Do you crave salt or sugar?	YES NO
Do you feel like you need caffeine to make it through the day?	YES NO
Do you no longer enjoy things you used to enjoy?	YES NO
Do you have more difficulty coping with stressful situations?	YES NO
Do you feel tired after exercising?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you answered YES to fewer than five of the questions above, you probably are not suffering from adrenal fatigue.

If you answered YES to between five and seven of the questions above, you may be experiencing adrenal fatigue.

If you answered YES to eight or more of the questions above, it is likely that you are experiencing adrenal fatigue.

704-752-9346

Thyroid Quiz

Circle YES or NO in response to the following questions:

Is your voice hoarse?	YES NO
Is your blood pressure low?	YES NO
Do you have difficulty forming thoughts?	YES NO
Are you often tired?	YES NO
Do you have difficulty sleeping?	YES NO
Do you have joint pain?	YES NO
Is your skin pasty and pale?	YES NO
Do you have a slow pulse rate?	YES NO
Do you have periods of depression?	YES NO
Do you have high cholesterol?	YES NO
Do you have cold hands and feet?	YES NO
Do your muscles ache?	YES NO
Do you have sleep apnea?	YES NO
Is it hard for you to lose weight?	YES NO
Have you experienced scalp hair loss?	YES NO
Do you have dry skin?	YES NO
Does your skin get itchy in the winter?	YES NO
Do you have recurrent headaches?	YES NO
Is your tongue enlarged?	YES NO
Does your body temperature run below 98.6°F?	YES NO
Has your body hair decreased?	YES NO
Is your face puffy?	YES NO
Are your eyelids swollen?	YES NO
Do you have less than one bowel movement per day?	YES NO
Are you sensitive to the cold?	YES NO
Do you have poor short-term memory?	YES NO
Are you still tired when you get up in the morning?	YES NO
Have you had problems with infertility or miscarriages?	YES NO
Do you get tired in the afternoon?	YES NO
Are you retaining fluid?	YES NO
Do you have tingling in your hands and feet?	YES NO
Are your eyebrows and eyelashes thinning?	YES NO
Do you sweat less than you used to?	YES NO
Are you easily susceptible to infection?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you answered YES to fewer than six of the questions above, there may be another reason besides low thyroid function for your symptoms.

If you answered YES to between six and fifteen questions above, you may be experiencing thyroid deficiency.

If you answered YES to more than fifteen questions above, there is a good chance you have low thyroid function.

704-752-9346

Pre-Diabetes Quiz

Circle YES or NO in response to the following questions:

Are you forty-five or older?	YES NO
Are you overweight or obese?	YES NO
Do you have high blood pressure?	YES NO
Do you tend to gain weight around your waist?	YES NO
Do you eat a lot of carbohydrates?	YES NO
DO you exercise very little or not at all?	YES NO
Do you have Polycystic Ovarian Syndrome (PCOS)?	YES NO
Do you have a relative with type 2 diabetes?	YES NO
Did you develop gestational diabetes?	YES NO
Do you have high triglycerides?	YES NO
Do you have low "good" cholesterol?	YES NO
Do you have a relative with heart disease?	YES NO
Have you had a baby who weighed more than nine pounds?	YES NO
Do you suffer from metabolic syndrome?	YES NO
Have you ever had an elevated blood glucose test?	YES NO

Count the total number of YES responses.

What is your total score? _____

Score your test:

If you answered YES to fewer than five of the questions above, it is less likely that you are at risk for prediabetes.

If you answered YES to between five and seven of the questions above, you may be at risk for prediabetes.

If you answered YES to eight or more of the questions above, it is likely that you are at risk for prediabetes.

Next Steps

If you identified possible issues on the screening quizzes you are invited to call us for more information.

Give our office a call at 704-752-9346. Let us help guide you on your search for wellness.

Be sure to visit our website us at signaturewellness.org for more information. Sign up for our monthly newsletter to learn more about balancing your hormones.

Also, follow us on Facebook for more information on Health and Wellness.

704-752-9346



Belmont

1105 Spruce Street • Suite 102 • 704-752-9346

Charlotte

3125 Springbank Lane • Suite A • The Arboretum • 704-752-9346