

Hormone Quiz For Women

Signs of **female hormone imbalance** may include:

- Hot flashes
- Mood swings (PMS)
- Heart palpitations
- Heavy menses
- Fibrocystic breast
- Thinning skin
- Cysts on ovaries
- Foggy thinking
- Irritability
- Uterine fibroids
- Vaginal dryness
- Urinary incontinence
- Weight gain
- Increased facial hair
- Night sweats
- Acne
- Depressed mood
- Headaches
- Bone loss

Signs of **thyroid hormone imbalance** may include:

- Dry skin
- Fatigue
- Heart palpitations
- Constipation
- Aches and pains
- Anxiety
- Cold hands & feet
- Foggy thinking
- Low libido
- Thinning hair
- Brittle fingernails
- Headaches
- Weight gain
- Inability to lose weight
- Menstrual irregularities
- Depression
- Feeling cold all the time
- Sleep disturbances
- Elevated cholesterol

Signs of **adrenal hormone imbalance** may include:

- Aches and pains
- Sleep disturbance
- Chronic illness
- Elevated triglycerides
- Depression or Anxiety
- Nervousness
- Evening fatigue
- Morning fatigue
- Allergic conditions
- Blood sugar imbalance
- Autoimmune illness
- Susceptibility to infections

If you have answered “yes”
to any of these questions and
your symptoms are troublesome
and persistent over time
you may be a candidate for
Bio-identical Hormone Therapy.
Ask us about testing & treatment.