

HORMONES BALANCE TESTS IN WOMEN

Unfortunately, because of the constant fluctuation of the female hormones, especially in women who are still menstruating, there are no accurate tests to assess the imbalance. **It is best judged by the symptoms.** Sometimes, blood, urine or saliva tests may help, but mostly to rule out other conditions.

1. SYMPTOMS

Because there is a big overlap, and there are many hormones, some women will have symptoms of excess in one area which may contradict the other. It is worthwhile to complete the questionnaire below, which was designed by Dr John Lee, MD, years ago. It hasn't been validated in clinical trials, but it can give us an idea of your imbalance.

2. BLOOD TESTS

It is best done on day 3 of your menstrual cycle, counting from the first day of bleeding. The tests give results of the hormone value at that time of the month and at that time of the day. It helps to check other parts of the endocrine system, such as the thyroid gland and in selected cases, the adrenal gland, rule out anemia, diabetes, high cholesterol, liver or kidney disease. We cannot use the results to decide on how much hormone replacement you need, or to adjust the dose as it can be done in women with thyroid or diabetes. **If you are taking hormones, you have to be off them by at least 7 days before the test.**

3. SALIVA TESTS

They are private pay, and cost around \$300. Because there is no conclusive evidence that they are reliable to assess your hormone status, MSP does not fund it. There are various degrees of testing, ranging from the most basic (and cheaper) to the more comprehensive (such as 28-day hormone testing).

QUESTIONNAIRE FOR HORMONE BALANCE IN WOMEN

SYMPTOMS GROUP 1

- | | |
|--|---|
| <input type="checkbox"/> PMS | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Early miscarriage | <input type="checkbox"/> Painful and/or lumpy breasts |
| <input type="checkbox"/> Unexplained weight gain | <input type="checkbox"/> Cyclical headaches |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Infertility |

TOTAL BOXES CHECKED

SYMPTOMS GROUP 2

- | | |
|--|---|
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Painful intercourse | <input type="checkbox"/> Memory problems |
| <input type="checkbox"/> Bladder infections | <input type="checkbox"/> Lethargic depression |
| <input type="checkbox"/> Hot flashes | |

TOTAL BOXES CHECKED

SYMPTOMS GROUP 3

- | | |
|---|---|
| <input type="checkbox"/> Puffiness and bloating | <input type="checkbox"/> Breast tenderness |
| <input type="checkbox"/> Rapid weight gain | <input type="checkbox"/> Heavy bleeding |
| <input type="checkbox"/> Mood swigs | <input type="checkbox"/> Foggy thinking |
| <input type="checkbox"/> Anxious depression | <input type="checkbox"/> Migraines headaches |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Gallbladder problems |
| <input type="checkbox"/> Red flush on face | <input type="checkbox"/> Weepiness |

TOTAL BOXES CHECKED

SYMPTOM GROUP 4

- A combination of the symptoms in #1 and #3

TOTAL BOXES CHECKED

SYMPTOMS GROUP 5

- | | |
|--|--|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Polycystic ovary syndrome (PCO) |
| <input type="checkbox"/> Excessive hair on face and arms | <input type="checkbox"/> Hypoglycemia (low blood sugar) |
| <input type="checkbox"/> Thinning hair on the head | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Ovarian cysts | <input type="checkbox"/> Mid-cycle pain |

TOTAL BOXES CHECKED

SYMPTOMS GROUP 6

- | | |
|---|--|
| <input type="checkbox"/> Debilitating fatigue | <input type="checkbox"/> Unstable blood sugar |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Low blood pressure |
| <input type="checkbox"/> Thin and/or dry skin | <input type="checkbox"/> Intolerance to exercise |
| <input type="checkbox"/> Brown spots on face | |

TOTAL BOXES CHECKED

1. **SYMPTOM GROUP 1**

Progesterone deficiency: This is the most common hormone imbalance among women of all ages. You may need to change your diet, get off synthetic hormones (including birth control pills), and you may need to use some progesterone cream. However, there are risks to changing if you want to avoid a pregnancy.

2. **SYMPTOM GROUP 2**

Estrogen deficiency: This hormone imbalance is most common in menopausal women; especially if you are petite and/or slim. You may need to make some special changes to your diet; and some women may even need natural estrogens.

3. **SYMPTOM GROUP 3**

Excess estrogen: In women, this is most often solved by getting off the conventional synthetic hormones for menopausal women.

4. **SYMPTOM GROUP 4**

Estrogen dominance: This is caused when you don't have enough progesterone to balance the effects of estrogen. Thus, you can have low estrogen but if you have even lower progesterone, you can have symptoms of estrogen dominance. Many women between the ages of 40 and 50 suffer from estrogen dominance.

5. **SYMPTOM GROUP 5**

Excess androgens (male hormones): This is most often caused by too much sugar and simple carbohydrates in the diet and is often found in women who have polycystic ovary syndrome (PCOS).

6. **SYMPTOM GROUP 6**

Cortisol deficiency: This is caused by tired adrenals, which is usually caused by chronic stress. If you're trying to juggle a job and a family, chances are that you have tired adrenals.

Dr Roberto Leon