Dr. Stefania Incollingo, DC, MSACN

New Heights Chiropractic & Nutrition

Hormone Health Assessment

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_

Please check all that apply and ***add the total at the end of each chart.***

*Inflammation*

|  |  |
| --- | --- |
| Sagging, thinning skin, wrinkling |  |
| Spider veins or varicose veins |  |
| Cellulite |  |
| Eczema, skin rashes, hives, acne |  |
| Menopause (women); andropause (men) |  |
| Heart Disease |  |
| Prostate enlargement or prostatitis |  |
| High Cholesterol or blood pressure |  |
| Loss of muscle tone in arms and legs; difficulty building or maintaining muscle |  |
| Aches and pains |  |
| Arthritis, bursitis, tendinitis, or joint stiffness |  |
| Water retention in hands and feet |  |
| Gout |  |
| Alzheimer’s disease |  |
| Parkinson’s disease |  |
| Depression |  |
| Night eating syndrome (waking at night to binge eat) |  |
| Fibromyalgia |  |
| Increased pain or poor pain tolerance |  |
| Headaches or migraines |  |
| High alcohol consumption |  |
| Bronchitis, allergies (food or environment), hives, or asthma have worsened |  |
| Autoimmune disease |  |
| Fat gain around “love handles” or abdomen |  |
| Loss of bone density or osteoporosis |  |
| Generalized overweight/weight gain/obesity |  |
| Fatty liver (diagnosed by your doctor) |  |
| Diabetes (type II) |  |
| Sleep disruptions or deprivation |  |
| Irritable Bowel Syndrome |  |
| Frequent gas and bloating |  |
| Constipation, diarrhea, or nausea |  |
| **TOTAL** (warning score >11) |  |

*Hormonal Imbalance: Excess Insulin*

|  |  |
| --- | --- |
| Age spots and wrinkling |  |
| Sagging skin |  |
| Cellulite |  |
| Skin tags |  |
| Acanthosis nigricans (light brown to black patches on neck or underarm) |  |
| Abdominal hair growth on face or chin (women) |  |
| Vision changes or cataracts |  |
| Infertility or irregular menses |  |
| Shrinking or sagging breasts |  |
| Menopause (women); andropause or erectile dysfunction (men) |  |
| Heart disease |  |
| High cholesterol, high triglycerides, or high blood pressure |  |
| Burning feet at night (especially in bed) |  |
| Water retention in the face/puffiness |  |
| GOUT |  |
| Poor memory, concentration, or ALzhemier’s disease |  |
| Fat gain around “love handles” and/or abdomen |  |
| Fat over triceps |  |
| Generalized overweight/weight gain/obesity |  |
| Hypoglycemia; craving for sweets, carbohydrates or constant hunger or increased appetite |  |
| Fatigue after eating (especially carbohydrates) |  |
| Fatty liver (diagnosed by your doctor) |  |
| Diabetes (type 2) |  |
| Sleep disruption or deprivation |  |
| **TOTAL** (warning score >9) |  |

*Hormonal Imbalance: Low Dopamine*

|  |  |
| --- | --- |
| Fatigue, especially in the morning |  |
| Poor tolerance for exercise |  |
| Restless leg syndrome |  |
| Poor memory |  |
| Parkinson’s disease |  |
| Depression |  |
| Loss of libido (no sex drive) |  |
| Feeling a strong need for stimulation or excitement (foods, gambling, partying, sex, etc.) |  |
| Addictive eating or binge eating |  |
| Cravings for sweets, carbohydrates, junk food, or fast food |  |
| **TOTAL** (warning score >4) |  |

*Hormonal Imbalance: Low Serotonin*

|  |  |
| --- | --- |
| PMS characterized by hypoglycemia, sugar cravings, and/or depression |  |
| Feeling wired at night |  |
| Lack of sweating |  |
| Poor memory |  |
| Loss of libido |  |
| Depression, anxiety, irritability, or seasonal affective disorder |  |
| Loss of motivation or competitive edge |  |
| Low self-esteem |  |
| Inability to make decisions |  |
| Obsessive-compulsive disorder |  |
| Bulimia or binge eating |  |
| Fibromyalgia |  |
| Increased pain or poor pain tolerance |  |
| Headaches or migraines |  |
| Cravings for sweets or carbohydrates |  |
| Constant hunger or increased appetite |  |
| Inability to sleep in, no matter how late going to bed |  |
| Less than 7.5 hours of sleep per night |  |
| Irritable Bowel |  |
| Constipation |  |
| Nausea |  |
| Use of corticosteroids |  |
| **TOTAL** (Warning score >7) |  |

*Hormonal Imbalance: Low GABA*

|  |  |
| --- | --- |
| PMS signs of breast tenderness, water retention, bloating, anxiety, sleep disruptions, or headaches |  |
| Feeling wired at night |  |
| Aches and pains or increased muscle tension |  |
| Irritability, tension, or anxiety |  |
| Difficulty falling asleep or staying asleep |  |
| Less than 7.5 hours of sleep per night |  |
| Irritable Bowel |  |
| Frequent gas and bloating |  |
| **TOTAL** (warning score >3) |  |

*Hormonal Imbalance: Excess Cortisol*

|  |  |
| --- | --- |
| Wrinkling, thinning skin or skin that has lost its fullness |  |
| Hair loss |  |
| Infertility or absent menses (unrelated to menopause) |  |
| Feeling wired at night |  |
| Heart palpitations |  |
| Loss of muscle tone in arms and legs |  |
| Cold hands or feet |  |
| Water retention in face/puffiness |  |
| Poor memory or concentation |  |
| Loss of libido |  |
| Depression, anxiety, irritability, or seasonal affective disorder |  |
| High alcohol consumption |  |
| Frequent colds and flus |  |
| Hives, bronchitis, allergies (food or environmental), asthma, or autoimmune disease |  |
| Fat gain around “love handles” or abdomen |  |
| A “buffalo hump” of fat on back of neck/upper back |  |
| Difficulty building or maintaining muscle |  |
| Loss of bone density or osteoporosis |  |
| Cravings for sweets or carbs, hypoglycemia, or constant hunger |  |
| Difficulty falling asleep |  |
| Difficulty staying asleep (especially waking between 2 and 4 am) |  |
| Less than 7.5 hours of sleep per night |  |
| Irritable Bowel or frequent gas and bloating |  |
| Use of corticosteroids |  |
| **TOTAL** (warning score >8) |  |

*Hormonal Imbalance: LOW DHEA*

|  |  |
| --- | --- |
| Dry skin |  |
| Heart disease |  |
| Erectile dysfunction |  |
| Andropause |  |
| Feeling wired at night |  |
| Poor tolerance for exercise |  |
| Loss of muscle tone in arms and legs |  |
| Poor memory or concentration |  |
| Irritability or easily agitated |  |
| Loss of libido |  |
| Depression |  |
| Loss of motivation or competitive edge |  |
| Autoimmune disease |  |
| Fat gain around “love handles” |  |
| Fat gain over triceps |  |
| Fat gain around abdomen |  |
| Difficulty building or maintaining muscle |  |
| **TOTAL** (earning score >6) |  |

*Hormonal Imbalance: Excess Estrogen*

|  |  |
| --- | --- |
| Spider or varicose veins |  |
| Cellulite |  |
| Heavy menstrual bleeding |  |
| PMS characterized by breast tenderness, water retention, bloating, swelling, and/or weight gain |  |
| Fibrocystic breast disease |  |
| Prostate enlargement |  |
| Erectile dysfunction |  |
| Breast growth (men) |  |
| Loss of morning erection |  |
| Irritability, mood swings, or anxiety |  |
| Headaches or migraines (especially in women before their menses) |  |
| High alcohol consumption (>4 drinks per week for women and >7 drinks per week for men) |  |
| Autoimmune disease or allergies |  |
| Fat gain around “love handles” or abdomen (men) |  |
| Fat gain at hips (women) |  |
| Current use of hormone replacement therapy or birth control pills |  |
| **TOTAL** (warning score >6) |  |

*Hormonal Imbalance: Low Progesterone*

|  |  |
| --- | --- |
| Dry skin or skin that has lost its fullness |  |
| Spider or varicose veins |  |
| Hair loss |  |
| Short menstrual cycle (<28 days) or excessively long bleeding times (<6 days) |  |
| PMS characterized by breast tenderness, anxiety, sleep disruption, headaches, menstrual spotting, water retention, bloating, and/or weight gain |  |
| Infertility or absent menses (not related to menopause) |  |
| Fibrocystic breast disease |  |
| Menopause (women); andropause (men) |  |
| Prostate enlargement |  |
| Hot flashes |  |
| Lack of sweating |  |
| Feeling cold and/or cold hands or feet |  |
| Heart palpitations |  |
| Water retention |  |
| Irritability and/or anxiety |  |
| Loss of libido |  |
| Headaches or migraines |  |
| Autoimmune disease, hives, asthma, or allergies |  |
| Loss of bone density or osteoporosis |  |
| Difficulty falling or staying asleep |  |
| **TOTAL** (warning score >6) |  |

*Hormonal Imbalance: Excess Progesterone*

|  |  |
| --- | --- |
| Acne |  |
| PMS characterized by depression |  |
| Infertility |  |
| Water retention |  |
| Depression |  |
| Frequent colds and flus |  |
| Weight gain or difficulty losing weight |  |
| Current use of hormone replacement therapy or birth control pills |  |
| **TOTAL** (Warning score >4) |  |

*Hormonal Imbalance: Low Testosterone*

|  |  |
| --- | --- |
| Dry skin |  |
| Thinning skin or skin has lost its fullness |  |
| Painful sex |  |
| Heart disease (men) |  |
| Erectile dysfunction |  |
| Andropause (men) |  |
| Loss of morning erection |  |
| Fatigue |  |
| Poor tolerance for exercise |  |
| Loss of muscle tone in arms and legs |  |
| Poor memory or concentration |  |
| Loss of libido |  |
| Depression or anxiety |  |
| Loss of motivation or competitive edge |  |
| Headaches or migraines (men) |  |
| Fat gain around “love handles” or abdomen (men and women) |  |
| Difficulty building or maintaining muscle |  |
| Loss of bone density (osteoporosis- men and women) |  |
| Sleep apnea (men) |  |
| Use of corticosteroids |  |
| **TOTAL** (warning score >7) |  |

*Hormonal Imbalance: Excess Testosterone*

|  |  |
| --- | --- |
| Acne |  |
| Acanthosis nigricans (women) |  |
| Hair loss (scalp) |  |
| Abnormal hair growth on face (women) |  |
| Infertility |  |
| Shrinking or sagging breasts |  |
| Prostate enlargement |  |
| Irritability, aggression, or easily agitated |  |
| Fat gain around abdomen (women) |  |
| Cravings for sweets or carbohydrates (women) |  |
| Constant hunger or increased appetite (women) |  |
| Fatty liver (women) |  |
| **TOTAL** (warning score >4) |  |

*Hormonal Imbalance: Low thyroid*

|  |  |
| --- | --- |
| Dry skin and/or hair |  |
| Acne |  |
| Hair loss |  |
| Brittle hair and/or nails |  |
| PMS, infertility, long menstrual cycle (>30 days), or irregular periods |  |
| Abnormal lactation |  |
| Fatigue |  |
| Lack or sweating, feeling cold, or cold hand and feet |  |
| High cholesterol |  |
| Poor intolerance for exercise |  |
| Heart palpitations |  |
| Outer edge of eyebrow thinning |  |
| Aches and pains |  |
| Water retention/puffiness in hands or feet |  |
| Poor memory |  |
| Loss of libido |  |
| Depression |  |
| Loss of motivation or competitive edge |  |
| Iron deficiency anemia |  |
| Hives |  |
| Generalizes overweight/ obese |  |
| Constipation |  |
| Use of corticosteroids |  |
| Current use of synthetic replacement therapy or birth control pills |  |
| **TOTAL** ( warning score >8) |  |

Hormonal Imbalance: Low Acetylcholine

|  |  |
| --- | --- |
| Poor intolerance for exercise |  |
| Loss of muscle tone in arms and legs or poor muscle function/strength |  |
| Poor memory or concentration, decrease in memory or recall |  |
| Alzheimer’s disease |  |
| Difficulty building or maintaining muscle |  |
| Difficulty falling asleep or staying asleep, disrupted sleep patterns |  |
| Irritable bowel |  |
| Constipation |  |
| **TOTAL** (Warning score >3) |  |

Hormonal Imbalance: Low Melatonin

|  |  |
| --- | --- |
| Andropause (men); menopause (women) |  |
| Night eating syndrome (waking at night to binge eat) |  |
| High alcohol consumption |  |
| Cravings for sweets or carbohydrates; increased appetite |  |
| Difficulty falling asleep |  |
| Failing to sleep in total darkness |  |
| Difficulty staying asleep (especially waking between 2 and 4 am) |  |
| Sleep apnea |  |
| Less than 7.5 hours of sleep per night |  |
| Use of corticosteroids |  |
| TOTAL (warning score >3) |  |

Hormone Imbalance: Low Growth Hormone

|  |  |
| --- | --- |
| Dry skin |  |
| Thinning skin or skin has lost its fullness |  |
| Sagging skin |  |
| Menopause (women); andropause (men) |  |
| Lack of exercise |  |
| Loss of muscle tone in arms and legs |  |
| High alcohol consumption |  |
| Fat gain around “love handles” or abdomen |  |
| Difficulty building or maintaining muscle |  |
| Loss of bone density or osteoporosis |  |
| Generalized overweight/weight gain/obesity |  |
| Failing to sleep in total darkness |  |
| Difficulty staying asleep (especially waking between 2 and 4 am) |  |
| Sleep apnea |  |
| Use of corticosteroids |  |
| **TOTAL** (warning score >5) |  |