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## Your Hormone Balance Inventory

*\*adapted from Perfect Balance, by Dr Robert Greene*

	Yes	Sometimes	Rarely	No
1. Does the idea of sex seem uninteresting?				
2. Do you often find you have a word "right on the tip of your tongue" but can't access it? Or forget a name or number just after you hear it?				
3. Do you avoid intimacy?				
4. Do you wake up in the middle of the night?				
5. Do you feel you're looking older than your age?				
6. Are you overly concerned – to the level of preoccupation- with cancer?				
7. Do you feel cranky and irritable?				
8. Are your joints, muscles, or lower back achy?				
9. Do you feel detached from other?				
10. Do you eat a lot of prepackaged or fast foods?				
11. Do you get headaches that last more than one day?				
12. Do you wake up in the middle of the night to urinate?				
13. Do you suddenly feel warmer for no apparent reason? Or throw the covers off in the middle of the night?				
14. Do you feel you're dragging through the day with little energy?				
15. Do you wake up feeling tired?				
16. Are you happy with the people and things in your life?				
17. Are you failing to accomplish personal goals?				
18. Do you feel weaker than you did a year ago?				
19. Do you feel your heart beating fast and hard at times?				
20. Do you experience hot flashes?				
21. Do you get dizzy or shaky?				
22. Does your family have a history of cancer?				
23. Do you have difficulty falling asleep?				
24. Is your skin dry, itchy, or scaly?				

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ MR#: \_\_\_\_\_

25. Do you skip screening tests such as Pap smears or mammograms?				
26. Have you had a recent onset of dental problems?				
27. Are you experiencing vaginal dryness?				
28. Are you anxious or nervous?				
29. Do you feel pain during or after intercourse?				
30. Are you experiencing memory loss?				
31. Do you feel unappreciated?				
32. Do you have an increase in facial hair or hair loss?				
33. Do you have headaches or neck aches?				
34. Do you carry a pocket fan, or are you usually the warmest person in the room?				
35. Do you have trouble concentrating?				
36. Do you have difficulty emptying your bladder?				
37. Are you dealing with "postpartum blues"?				
38. Does achieving an orgasm seem about as unlikely as winning the superlotto?				
39. Do you experience pelvic aches and pains before your menstrual cycle?				
40. Do you urinate more frequently than other women you know?				

**Evaluation:**

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ MR#: \_\_\_\_\_