

# NORTH HILLS INTEGRATIVE MEDICINE ASSOCIATES

## Test your Menopause 'IQ'

This quiz will give you some indication of which hormones might be deficient.

To what degree do you experience the following?

	0	5	10	15	20
	None	Slightly	Moderate	Severe	Extreme
Difficulty Concentrating					
Can't Sleep (Insomnia)					
Depressed or Unhappy					
Anxious					
Headaches					
Moodiness/Emotional Swings					
Painful or Swollen Breasts					
Weight gain/ Bloating					
PMS					
	None	Slightly	Moderate	Severe	Extreme
Night Sweats					
Difficulty Remembering Things					
Hot Flashes					
Vaginal Dryness					
Dry Hair/Skin					
Incontinence					
Frequent Urinary Tract Infections					
Inability to Reach Orgasm					
Painful Intercourse					
	None	Slightly	Moderate	Severe	Extreme
Lack of Sexual Desire					
Fatigue/Loss of Energy					

Scoring: After you have completed the quiz, please add up all the total numbers. If your score is between 20 to 30 or more in the top section, you might be deficient in progesterone. If you scored between 20 to 30 or more in the middle section, you might be deficient in estrogen. If you checked either item in the last section, you may need testosterone.

Please feel free to contact NHIMA for an appointment to help assess your hormonal status further.