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Is It Your Hormones? A Symptom Quiz for Women Who Feel Off

Discover the Root Cause of Your Symptoms



Hormone Imbalance Quiz



Women's Hormone Imbalance Quiz

Do you feel like something is off with your body?

If you're struggling with symptoms like fatigue, weight gain, mood swings, or irregular cycles, this quiz will help you uncover potential hormone imbalances that might be affecting your health. With this knowledge, you'll take the first step toward understanding your body and finding answers.

Why Take This Quiz?

- Identify possible hormone imbalances.
- Gain insight into symptoms that may seem unrelated but are connected.

Take control of your health with actionable next steps.

How It Works

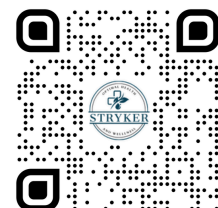
- Answer simple yes/no questions about your symptoms.
- Add up your scores in each category.
- Use the results to determine whether lifestyle changes or professional care may be the next step for you.

Next Steps

If your results indicate a potential imbalance, our team at Stryker Optimal Health and Wellness is here to provide personalized solutions. From hormone optimization to functional and integrative treatments, we specialize in empowering you to feel your best.

Contact Us Today

Call or Text: (509) 795-2642
Visit Us: strykerwellness.com



**You deserve to feel amazing.
Let's start this journey together!**



How It Works

Hormones can feel overwhelming and complicated, but this quiz simplifies the process. If you know you don't feel quite like yourself but can't pinpoint why, this is your first step to finding answers. Mark one point for each symptom you're experiencing and total your score in each category to uncover potential hormone imbalances.

Green Score: A score in the green range suggests that this hormone imbalance is likely not a significant issue for you at this time.

Yellow Score: A score in the yellow range indicates that this hormone imbalance may be contributing to your symptoms. Lifestyle changes, such as regular exercise, a nutritious diet, and reducing sugar intake, may help improve your symptoms.

Red Score: A score in the red range may suggest that this symptom pattern deserves a deeper review. Lifestyle changes can help, but persistent symptoms may be a sign that labs, hormones, thyroid function, nutrition, stress, and metabolic health need to be evaluated by a qualified provider.

This quiz is for education only. It does not diagnose or replace medical care. Your results can help guide a conversation with a qualified healthcare provider.

Low Thyroid

- Hoarse voice
- Low blood pressure
- Difficulty forming thoughts
- Often tired
- Insomnia
- Joint pain
- Pasty and pale skin
- Slow pulse rate
- Periods of depression
- High cholesterol
- Cold hands and feet
- Muscle aches
- Sleep apnea
- Difficult to lose weight
- Scalp hair loss
- Dry skin
- Itchy skin in the winter
- Recurrent headaches
- Tongue enlarged
- Temperature below 98.6°F
- Reduced body hair
- Puffy Face
- Eyelids swollen
- Constipation
- Cold sensitive
- Non restful sleep
- Infertility or miscarriages
- Tired in the afternoon?
- Fluid retention
- Tingling in your hands and feet
- Eyebrows and eyelashes thinning
- Sweat less than you used to
- More susceptible to infection

Thyroid Hormones:

They are the body's metabolism regulators, ensuring every cell has the energy it needs to function optimally.



Total checked: _____ ● <6 ● 6-15 ● >15

High Estrogen

- Puffiness and fluid retention
- Rapid weight gain
- Mood swings
- Anxious depression
- Insomnia
- Red flush on face
- Weepiness
- Breast tenderness
- Heavy bleeding
- Migraine headaches
- Foggy thinking
- Bloating

Total checked: _____ ● <5 ● 5-7 ● >7

Estrogen:

It enhances brain function and memory, acting as a natural cognitive booster.



Stress / Cortisol Imbalance

- Hard time waking in the morning
- Drop in energy in the late afternoon
- Hair loss
- Low blood pressure
- Feel like passing out when stand up quickly
- Recurrent infections
- Emotional stress
- Loss of sex drive
- Sensitive to light
- Sensitive to noise
- Panic attacks
- Crave salt
- Need caffeine to make it through the day
- No longer enjoy things you used to enjoy
- More difficulty coping with stress
- Feel tired after exercising
- Crave Sugar

Total checked: _____ ● <5 ● 5-7 ● >7

Cortisol:

Dubbed the "stress hormone," it helps you wake up in the morning and handle life's challenges—but too much can lead to fatigue and weight gain.



Low Progesterone

- PMS
- Early miscarriage
- Unexplained weight gain
- Anxiety
- Insomnia
- Painful and/or lumpy breasts
- Cyclical headaches
- More irritable
- Heavy Bleeding
- Infertility
- Night Sweats
- Headaches with Periods
- Mood Swings
- Irregular Periods

Total checked: _____ ● <5 ● 5-7 ● >7

Progesterone:

Known as the "calming hormone," it supports mood stability and sleep by interacting with GABA receptors in the brain.





High Testosterone

- Acne
- Excessive hair on the face and arms
- Thinning hair on the head
- Ovarian cysts
- Hypoglycemia and/or unstable blood sugar
- Infertility
- Mid-cycle pain
- Oily skin
- Oily hair
- Body odor
- Anger issues
- Salt / Sugar cravings
- Easily perspire
- Irregular periods

Total checked: _____ ● <4 ● >6 ● 4-6

Testosterone:

Often overlooked in women, this hormone boosts libido, energy, mental clarity, and muscle strength.



Low Estrogen

- Vaginal dryness
- Bladder infections
- Painful intercourse
- Hot flashes
- Night sweats
- Memory problems
- Lethargic depression
- Frequent urination
- Weight gain
- More tired
- Dry scratchy skin
- Dry eyes
- Infrequent light periods
- Increased facial hair

Total checked: _____ ● <5 ● 5-7 ● >7

Estrogen:

This "master hormone" not only regulates reproductive health but also keeps skin glowing and bones strong.



Low Androgen

- Lack of interest in sex
- Lack of motivation
- Less confident
- Less competitive drive
- Loss of muscle tone
- Vaginal dryness
- Painful intercourse
- Urinary leakage
- Decisions are tough
- Saggy skin
- Tired
- Depressed

Total checked: _____ ● <5 ● 5-7 ● >7

Androgens:

These hormones are vital for hair growth, skin health, and maintaining overall vitality in women.





What Your Results May Be Telling You

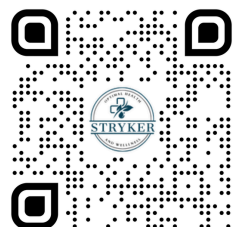
Your symptoms are clues.

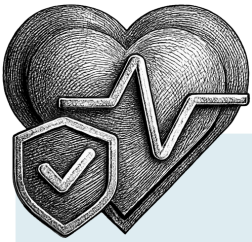
Fatigue, weight gain, mood changes, poor sleep, low libido, brain fog, hair changes, cravings, and cycle changes can be connected to more than one system.

That is why we look at the full picture, including:

- Hormones
- Thyroid function
- Blood sugar and insulin
- Nutrient status
- Inflammation
- Stress patterns
- Sleep
- Lifestyle
- Medical history

You do not need to keep guessing. A deeper review can help you understand what your body may be trying to tell you.





COMPLETE HEALTH & HORMONE PANEL



General Health & Metabolic Markers

- CBC
- CMP
- Cortisol
- Ferritin
- Lipid Panel

Hormone Panel

- Estradiol
- FSH
- LH
- Progesterone (Female)
- PSA, Total (PSA) (Male)
- SHBG
- Testosterone, Free & Total

Thyroid Function

- TSH
- Free, T3
- Free, T4
- TPO Antibodies

Nutritional & Functional Markers

- Insulin, Fasting
- Vitamin B12
- Vitamin D, 25-Hydroxy

Biomarkers resulted:

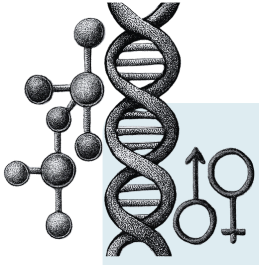
- 48 measurable results (Female)
- 47 measurable results (Male)

INCLUDES FOLLOW-UP APPOINTMENT!

- PRICES SUBJECT TO CHANGE PER LAB PRICING

**SCHEDULE YOUR FREE CONSULT TO
LEARN MORE!**





ELITE FUNCTIONAL HEALTH & HORMONE PANEL

General Health & Metabolic Markers

- CBC
- CMP
- Cortisol, AM
- Hemoglobin A1C
- Lipid Panel
- Magnesium
- Iron
- TIBC
- Saturations
- Ferritin
- Retic Count

Hormone Panel

- DHEA-S
- Estradiol
- FSH
- LH
- Progesterone (Female)
- PSA (Male)
- Testosterone, Total & Free
- SHBG

Thyroid Function

- TSH
- Free, T3
- Free, T4
- Reverse, T3
- Thyroglobulin Antibodies
- TPO Antibodies

Functional & Nutritional Markers

- Fasting Insulin
- Vitamin B12
- Folate
- Vitamin D
- ESR
- Homocysteine
- hs-CRP

Biomarkers Resulted

- 91 measurable results (Female)
- 90 measurable results (Male)



\$469

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Ready to understand your results?

Schedule a free consultation with
Stryker Optimal Health and Wellness.

We will talk through your symptoms,
explain your next best step,
and help you decide whether a
health and hormone panel is right for you.

Call: 509-795-2642

Visit: strykerwellness.com

