

# *Dr. Jocelin Whitaker*

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## Basic Hormone Balance Test

Please check mark any current symptoms. If you are not currently experiencing that symptom but have in the past, please write "past" beside the symptom.

### Symptom Group 1

- ☐ PMS
- ☐ Insomnia
- ☐ Early Miscarriage
- ☐ Painful and/or lumpy breasts
- ☐ Unexplained weight gain
- ☐ Cyclical headaches
- ☐ Anxiety
- ☐ Infertility

### Symptom Group 2

- ☐ Vaginal Dryness
- ☐ Night Sweats
- ☐ Painful Intercourse
- ☐ Memory Problems
- ☐ Bladder Infections
- ☐ Lethargic Depression
- ☐ Hot Flashes

### Symptom Group 3

- ☐ Puffiness and Bloating
- ☐ Cervical Dysplasia (abnormal pap smear)
- ☐ Rapid Weight Gain
- ☐ Breast Tenderness
- ☐ Mood Swings
- ☐ Heavy Bleeding
- ☐ Anxious Depression
- ☐ Migraine Headaches
- ☐ Insomnia
- ☐ Foggy Thinking
- ☐ Red Flush on Face
- ☐ Gallbladder Problems
- ☐ Weepiness

#### **Symptom Group 4**

- I marked 2 or more boxes (2 or more in each group; not total) in Symptom Groups 1 and 3
- I did **not** mark 2 or more boxes in Symptom Group 1 and 3

#### **Symptom Group 5**

- Acne
- Polycystic Ovary Syndrome (PCOS)
- Excessive hair on the face and the arms
- Hypoglycemia and/or unstable blood sugar
- Thinning hair on the head
- Infertility
- Ovarian cysts
- Mid-cycle Pain

#### **Symptom Group 6**

- Debilitating fatigue
- Unstable blood sugar
- Foggy thinking
- Low blood pressure
- Thin and/or dry skin
- Intolerance to exercise
- Brown spots on Face