



The Seventh Woman

Do You Have a Hormone Imbalance?

The essential key to lowering your odds for breast cancer is to become aware of the signs and symptoms of hormonal imbalance—estrogen dominance, in particular. General symptoms of imbalance are more familiar to women as PMS (premenstrual syndrome), hot flashes and/or night sweats, foggy thinking, low libido, depression, fatigue, and/or weight gain in the hips or waist. But women may not be as familiar with which of these are the red flags of estrogen dominance—and when it comes to preventing breast cancer, we need to pay special attention. These are indicated with a ■ in the list below.

Go through the checklist below to determine whether you have any of the symptoms listed. Two or more troublesome or persistent symptoms signal hormone imbalance or estrogen dominance. You can also print the list to take with you to your health care provider. Visit seventhwomanfoundation.org for more information on hormone balance and breast cancer.

Hormone Imbalance Symptom Checklist

- | | |
|---|--|
| <input type="checkbox"/> mood swings ■ | <input type="checkbox"/> fibrocystic breasts ■ |
| <input type="checkbox"/> hot flashes | <input type="checkbox"/> tender breasts ■ |
| <input type="checkbox"/> night sweats | <input type="checkbox"/> uterine fibroids ■ |
| <input type="checkbox"/> fatigue | <input type="checkbox"/> fluid retention ■ |
| <input type="checkbox"/> headaches ■ | <input type="checkbox"/> sleep disturbances |
| <input type="checkbox"/> depression ■ | <input type="checkbox"/> weight gain in waist and/or hips ■ |
| <input type="checkbox"/> anxiety ■ | <input type="checkbox"/> foggy thinking |
| <input type="checkbox"/> nervous moods | <input type="checkbox"/> bone loss |
| <input type="checkbox"/> irritable moods ■ | <input type="checkbox"/> heart palpitations |
| <input type="checkbox"/> feeling teary ■ | <input type="checkbox"/> stress |
| <input type="checkbox"/> memory lapses | <input type="checkbox"/> cold body temperature ■ |
| <input type="checkbox"/> can't lose weight ■ | <input type="checkbox"/> sugar cravings |
| <input type="checkbox"/> decreased libido ■ | <input type="checkbox"/> increased facial/body hair |
| <input type="checkbox"/> vaginal dryness | <input type="checkbox"/> scalp hair loss |
| <input type="checkbox"/> heavy menses | <input type="checkbox"/> oily skin |
| <input type="checkbox"/> bleeding changes ■ | <input type="checkbox"/> thinning skin |
| <input type="checkbox"/> incontinence | <input type="checkbox"/> aches and pains |
| <input type="checkbox"/> heavy periods/painful periods ■ | <input type="checkbox"/> fibromyalgia ■ |