

A NIREVA HEALTH INITIATIVE

Hormone Health Checklist

Listen to your body.

A doctor-written guide for
every woman of Pune.

Healthy Hormones

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SECTION ONE

Five signs to *not* normalise.

If you have experienced any of these for three months or more, please tick the box next to it. This is your body asking for attention, not for dismissal.

Irregular or skipped periods

Missing your cycle for two or more months, or cycles shorter than 21 or longer than 35 days. Often the first sign of PCOS, thyroid issues, or hormonal imbalance.

COMMON · TREATABLE

Chronic fatigue

Always tired, even after 7 to 8 hours of sleep. Brain fog at work. Exhaustion caffeine cannot fix. Often points to thyroid, Vitamin D, iron, or adrenal issues.

EASY TO SCREEN

Sudden weight changes

Weight gain or loss without a change in diet or activity. Hormonal imbalances and insulin resistance often show up here first.

WORTH INVESTIGATING

Anxiety, low mood, or mood swings

Feelings that do not match what is happening in your life. The thyroid-mood, PCOS-mood, and perimenopause links are real.

NOT JUST IN YOUR HEAD

Hair, skin, or acne changes

Sudden hair fall, new facial hair, adult acne, or very dry skin. Often a hormonal signal before anything else surfaces. Do not just treat the surface.

LOOK DEEPER



SECTION TWO

Five tests every *woman* should know.

Preventive screening is the single biggest favour you can do yourself. Once a year is enough. Once you know your numbers, you can act.

Complete Blood Count + Vitamin D + B12

Screens for anemia, nutritional deficiency, and general health. Recommended once a year for women 25 and above.

Thyroid profile (TSH, Free T₃, Free T₄)

Detects hypo or hyperthyroidism, a silent driver of fatigue, weight change, and irregular cycles.

Pelvic ultrasound

Non-invasive scan of ovaries and uterus. Detects PCOS, fibroids, cysts. Once a year if you have irregular cycles.

Pap smear

Screens for cervical cancer. Simple clinic procedure. Once every three years from age 25 for sexually active women.

HPV vaccination

Prevents cervical cancer. Best administered between ages 9 and 26. One-time course, lifetime cover. Ask your doctor about eligibility.

When should you see a gynaecologist?

You do not need a crisis. See a gynaecologist if any of the following is true:

- Any of the 5 signs on page 1 for over three months.
- Severe period pain that interrupts your life.
- No preventive check-up in the past 12 months.
- You have questions. That is reason enough.






SECTION THREE

Three foods. Three habits.


Ninety days.

Nothing changes without consistency. Pick three foods and three habits you can actually sustain. Do them for 90 days before you judge. Your body keeps score.

Three foods to add this week

 <p>Methi seeds</p> <p>1 tsp, soaked overnight. Drink the water in the morning. Improves insulin sensitivity.</p>	 <p>Flaxseeds</p> <p>1 tablespoon ground, daily. Rich in lignans that support hormone balance.</p>	 <p>Cinnamon</p> <p>½ teaspoon in morning chai or oats. Supports insulin function.</p>
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Three habits that change everything

 <p>10 after 10</p> <p>10 minutes of walking after every meal. Steadies blood sugar.</p>	 <p>Morning light</p> <p>10 minutes of sunlight before 10 AM. Sets your circadian rhythm.</p>	 <p>Phone-free bedtime</p> <p>No phone 30 minutes before sleep. Protects your cortisol curve.</p>
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Terms you may hear

PCOS

हार्मोनल असंतुलन / पॉलीसिस्टिक ओवरी सिंड्रोम

Thyroid

थायरॉइड ग्रंथि / थायरॉइड ग्रंथी

Ovulation

अंडाणु का निर्माण / अंडोत्सर्ग

Perimenopause

रजोनिवृत्ति से पहले का दौर

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