

HORMONE QUESTIONNAIRE

Progesterone

Signs & Symptoms

	Never			Always	
1. My breasts are large.	0	1	2	3	4
2. My close friends complain I'm nervous and agitated.	0	1	2	3	4
3. I feel anxious.	0	1	2	3	4
4. I sleep lightly and restlessly	0	1	2	3	4

The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen and progesterone)

5. My breasts are swollen and tender or painful before my period	0	1	2	3	4
6. And my lower belly is swollen	0	1	2	3	4
7. And I'm irritable and aggressive	0	1	2	3	4
8. And I lose my self-control.	0	1	2	3	4
9. I have heavy periods.	0	1	2	3	4
10. And they are continuously painful.	0	1	2	3	4

Add up your overall score _____. Post-menopausal women not treated with hormone replacement therapy (estrogen or estrogen and progesterone) 4 or less: Satisfactory level between 5 and 8 possible progesterone deficiency. 9 or more: Probable progesterone deficiency. Menstrual women and menopausal women taking hormone replacement therapy (estrogen or estrogen and progesterone) 10 or less: Satisfactory level. Between 11 and 20: Possible progesterone deficiency. 21 or more: probable progesterone deficiency.

Testosterone

Signs & Symptoms (Men and Women)

	Never			Always	
1. My face has gotten slack and more wrinkled	0	1	2	3	4
2. I've lost muscle tone.	0	1	2	3	4
3. My belly tends to get fat	0	1	2	3	4
4. I'm constantly tired.	0	1	2	3	4
5. I feel like making love less often than I used to.	0	1	2	3	4

Signs Symptoms (MEN ONLY)

6. My breasts are getting fatty.	0	1	2	3	4
7. I feel less self-confident and more hesitant	0	1	2	3	4
8. My sexual performance is poorer than it used to be	0	1	2	3	4
9. I have hot flashes and sweats	0	1	2	3	4
10. I tire easily with physical activity.	0	1	2	3	4

Add up overall score _____. For women: 5 or less: Satisfactory level. Between 6 and 10: Possible testosterone deficiency. 11 or more: Probable testosterone deficiency. Score for men: 10 or less: Satisfactory level. Between 11 and 20: Possible testosterone deficiency. 21 or more: Probably testosterone deficiency.

Growth Hormone

Signs & Symptoms

	Never				Always
1. My hair is thinning.	0	1	2	3	4
2. My cheeks sag.	0	1	2	3	4
3. My gums are receding.	0	1	2	3	4
4. My abdomen is flabby. I've got a spare tire.	0	1	2	3	4
5. My muscles are slack.	0	1	2	3	4
6. My skin is thin and/or dry.	0	1	2	3	4
7. It's hard to recover after physical activity	0	1	2	3	4
8. I feel exhausted.	0	1	2	3	4
9. I don't like the world. I tend to isolate myself.	0	1	2	3	4
10. I feel continuously anxious and worried.	0	1	2	3	4

Add up your overall score _____. Overall total 10 or less is satisfactory level. Between 11-20 possible growth hormone deficiency. 20 or more probable growth hormone deficiency.

DHEA

Signs & Symptoms

	Never				Always
1. My hair is dry.	0	1	2	3	4
2. My skin and eyes are dry.	0	1	2	3	4
3. My muscles are flabby.	0	1	2	3	4
4. My belly is getting fat.	0	1	2	3	4
5. I don't have much hair under my arm.	0	1	2	3	4
6. I don't have much hair in the pubic area.	0	1	2	3	4
7. I don't have much fatty tissue in the pubic area (flat "mound of Venus" in women) (0-padded 4-flat)	0	1	2	3	4
8. My body doesn't have much of a special scent during sexual arousal.	0	1	2	3	4
9. I can't tolerate noise.	0	1	2	3	4
10. My libido is low.	0	1	2	3	4

Add up your overall score _____. Overall total of 10 or less is satisfactory level. Between 11-20 Possible DHEA deficiency. 21 or more probable DHEA deficiency.

Thyroid

Signs & Symptoms

	Never				Always
1. I'm sensitive to cold.	0	1	2	3	4
2. My hands and feet are always cold.	0	1	2	3	4
3. In the morning my face is puffy and my eyelids are swollen.	0	1	2	3	4
4. I put on weight easily	0	1	2	3	4
5. I have dry skin.	0	1	2	3	4
6. I have trouble getting up in the morning.	0	1	2	3	4
7. I feel more tired at rest than when I'm active.	0	1	2	3	4
8. I am constipated.	0	1	2	3	4
9. My joints are stiff in the morning.	0	1	2	3	4
10. I feel like I'm living in slow motion.	0	1	2	3	4

Add up your overall score _____. Overall total of 10 or less is satisfactory level. Between 11-20 possible thyroid hormone deficiency. 21 or more probable thyroid hormone deficiency.

Estrogen

Signs & Symptoms

	Never			Always		
1. I am losing my hair on top of my head	0	1	2	3	4	
2. I'm getting thin, vertical wrinkles above my lips.	0	1	2	3	4	
3. My breasts are droopy.	0	1	2	3	4	
4. My face is too hairy.	0	1	2	3	4	
5. My eyes are dry and easily irritated.	0	1	2	3	4	
6. I have hot flashes.	0	1	2	3	4	
7. I feel tired constantly.	0	1	2	3	4	
8. I am depressed.	0	1	2	3	4	
9. My menstrual flow is light (0-moderate/ 1-3 low/4 none)						
10. Women with periods: My cycles are irregular	0	1	2	3	4	
11. Women without periods: I do not feel like making love anymore.	0	1	2	3	4	

Add up your overall score _____. Overall total of 10 or less is satisfactory level. Between 11-20: Possible Estrogen deficiency.

Part II Circle the answers to the ailments and discuss them with your physician.

ENERGY

- | | | |
|---|-----|----|
| 1. Do you have a hard time getting up in the morning? | Yes | No |
| 2. Do you always feel tired in the afternoon? | Yes | No |

SEX

- | | | |
|---|-----|----|
| 1. Do you lack sexual desire? | Yes | No |
| 2. Does your penis or clitoris seem less sensitive? | Yes | No |
| 3. Are your erections not firm enough? | Yes | No |
| 4. Have you lost your attraction toward your partner? | Yes | No |
| 5. Do you lack vaginal lubrication? | Yes | No |

SLEEP

- | | | |
|---------------------------------------|-----|----|
| 1. Do you sleep poorly? | Yes | No |
| 2. Do you have trouble concentrating? | Yes | No |

MEMORY

- | | | |
|---|-----|----|
| 1. Do you suffer from short or long term memory loss? | Yes | No |
| 2. Do you have trouble concentrating? | Yes | No |

SKIN AND HAIR

- | | | |
|---|-----|----|
| 1. Wrinkles on your face along the nose, smile lines, forehead creases? | Yes | No |
| 2. Do you have little wrinkles around the eyes and crows feet? | Yes | No |
| 3. Do you have age spots? | Yes | No |
| 4. Do you have dry thin skin? | Yes | No |
| 5. Are you losing your hair or is it turning gray? | Yes | No |

WEIGHT CONTROL

- | | | |
|---|-----|----|
| 1. Is your abdomen too plump? Is it distended? | | |
| 2. Women: Are your breast too large? Do they get larger before your period? | Yes | No |
| 3. Are your buttocks and thighs too well padded? Are you pear shaped? | Yes | No |

STRESS & MOOD

- | | | |
|--|-----|----|
| 1. Do you suffer from constant fatigue? | Yes | No |
| 2. Do you have high blood pressure? | Yes | No |
| 3. Are you anxious, nervous, or irritable? | Yes | No |
| 4. Do small things set you off? | Yes | No |
| 5. Are you depressed? | Yes | No |

JOINTS & BONES

- | | | |
|---|-----|----|
| 1. Do you have arthritis? | Yes | No |
| 2. Do you have osteoarthritis in the hip? | Yes | No |
| 3. Do you have fibromyalgia (sharp shoulder pain)? | Yes | No |
| 4. Have you lost muscle mass, tone, strength? | Yes | No |
| 5. Do you have bone loss of the spine, hips, hands, wrist & feet? | Yes | No |