

HORMONE SELF-TEST

This is a self-test to help you determine if your hormone levels are below normal, this is designed to help you and your doctor select the correct treatment for you. Check the score for each line then total the score at the bottom of each hormone.

0 = Never 1= Sometimes 2 = Regularly 3 = Often 4 = Constantly

Estrogen (WOMEN Only)

1	I'm losing 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)	0	1	2	3	4
10	My periods are irregular (<27 days or >31 days)	0	1	2	3	4
11	Women without periods. I do not feel like sex anymore	0	1	2	3	4

Add up your overall score: _____

10 or less = satisfactory level

11-20 = possible estrogen deficiency

21 or more = **probably estrogen deficiency**

Progesterone (WOMEN Only)

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

Post Menopausal women not treated with hormone replacement –

Add up your overall score: _____

4 or less = satisfactory level

5-8 = possible progesterone deficiency

9 or more = **probably progesterone deficiency**

Menstrual and Menopausal women taking hormone replacement -

Add up your overall score: _____

10 or less = satisfactory level

11-20 = possible progesterone deficiency

21 or more = **probably progesterone deficiency**

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Testosterone (Men and Women)

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

The rest of the questions are for **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

For Women: (questions 1-5)

Add up your overall score: _____

5 or less = satisfactory level

6-10 = possible testosterone deficiency

11 or more = **probably testosterone deficiency**

For Men: (questions 1-10)

Add up your overall score: _____

10 or less = satisfactory level

11-20 = possible testosterone deficiency

21 or more = **probably testosterone deficiency**

Cortisol

1	My face looks thinner	0	1	2	3	4
2	My friends call me "skinny"	0	1	2	3	4
3	I have eczema, psoriasis, or other rashes	0	1	2	3	4
4	My heart beats quickly	0	1	2	3	4
5	My blood pressure is low	0	1	2	3	4
6	I crave salt or sugar	0	1	2	3	4
7	I have digestive problems	0	1	2	3	4
8	I have allergies	0	1	2	3	4
9	I am stressed out	0	1	2	3	4
10	I am easily confused	0	1	2	3	4

Add up your overall score _____

10 or less = satisfactory level

11-20 = possible cortisol deficiency

21 or more = **probable cortisol deficiency**

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Pregnenolone

1	I have memory loss	0	1	2	3	4
2	My joints hurt (fingers, wrists, elbows, ankles, knees)	0	1	2	3	4
3	I'm feeling a bit drained and it is hard to handle stress	0	1	2	3	4
4	I don't see colors as brightly as before	0	1	2	3	4
5	I have lost interest / appreciation for art	0	1	2	3	4
6	I don't have much hair under my arms or pubic area (0 = plenty of hair / 4 = hairless)	0	1	2	3	4
7	I feel more tired at rest than when I am active	0	1	2	3	4
8	I have abundant, light-colored urine during the day	0	1	2	3	4
9	I have low blood pressure	0	1	2	3	4
10	I crave salty foods	0	1	2	3	4

Add up your overall score: _____

- 10 or less = satisfactory level
 11-20 = possible pregnenolone deficiency
 21 or more = **probable pregnenolone deficiency**

DHEA

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 arms	0	1	2	3	4
6	I don't have much hair in my pubic area (1 plenty of hair/ 4 = hairless)	0	1	2	3	4
7	I don't have much fatty tissue in the pubic area (0 = padded / 4 = flat)	0	1	2	3	4
8	My body doesn't have much of a special scent during sex	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: _____

- 10 or less = satisfactory level
 11-20 = possible DHEA deficiency
 21 or more = **probably DHEA deficiency**

HORMONE SELF-TEST

Thyroid

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 am 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: _____

10 or less = satisfactory level

11-20 = possible thyroid hormone deficiency

21 or more = **probable thyroid hormone deficiency**

Melatonin

1	I look older than I am	0	1	2	3	4
2	I have trouble falling asleep at night	0	1	2	3	4
3	I wake up during the night...	0	1	2	3	4
4	And I can't get back to sleep	0	1	2	3	4
5	I have anxious thoughts while trying to fall sleep	0	1	2	3	4
6	My feet are too hot at night	0	1	2	3	4
7	When I get up, I don't feel rested	0	1	2	3	4
8	I go to bed late and wake up late	0	1	2	3	4
9	I can't tolerate jet lag	0	1	2	3	4
10	I smoke, drink and/or use a beta/blocker or sleep aid	0	1	2	3	4

Add up your overall score: _____

10 or less = satisfactory level

11-20 = possible melatonin deficiency

21 or more = **probable melatonin deficiency**

IF YOU SCORED IN THE 'PROBABLE' RANGE FOR ANY OF THE ABOVE HORMONES, YOU MAY WANT TO MAKE AN APPOINTMENT TO DISCUSS FORMAL HORMONE TESTING.