

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## FEMALE HORMONAL 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. Circle the score for each line then total the score at the bottom of each hormone. Bring this form to your doctor after you have filled it out.

### ESTROGEN

Signs and Symptoms	Never	Sometimes	Regularly	Often	Constantly
I'm losing hair on top of my head.	0	1	2	3	4
I'm getting thin, vertical wrinkles above my lips.	0	1	2	3	4
My breasts are droopy.	0	1	2	3	4
My face is too hairy.	0	1	2	3	4
My eyes are dry and easily irritated.	0	1	2	3	4
I have hot flashes.	0	1	2	3	4
I feel tired constantly.	0	1	2	3	4
I am depressed.	0	1	2	3	4
My menstrual flow is light. (0=moderate/1 3=low/4=none).	0	1	2	3	4
Women with periods: My cycles are irregular, too short or too long.	0	1	2	3	4
Women without periods: I do not feel like making love anymore.	0	1	2	3	4

Add up your overall score \_\_\_\_; Overall total is 10 or less is satisfactory level. Between 11-20: Possible Estrogen deficiency. 21 or more: Probable Estrogen deficiency.

### THYROID

Signs and Symptoms	Never	Sometimes	Regularly	Often	Constantly
I'm sensitive to cold.	0	1	2	3	4
My hands and feet are always cold.	0	1	2	3	4
In the morning my face is puffy and my eyelids are swollen.	0	1	2	3	4
I put on weight easily.	0	1	2	3	4
I have dry skin.	0	1	2	3	4
I have trouble getting up in the morning.	0	1	2	3	4
I feel more tired at rest then when I am active.	0	1	2	3	4
I am constipated.	0	1	2	3	4
My joints are stiff in the morning.	0	1	2	3	4
I feel like I'm living in slow motion.	0	1	2	3	4

Add up your Overall Score \_\_\_\_; Overall total is 10 or less is satisfactory level. Between 11-20: Possible Thyroid Hormone deficiency. 21 or more: Probable Thyroid Hormone deficiency.

### PREGNENOLONE

Signs and Symptoms	Never	Sometimes	Regularly	Often	Constantly
I have memory loss.	0	1	2	3	4
My joints hurt. (fingers, wrists, elbows, ankles, knees).	0	1	2	3	4
I'm feeling a bit drained and I have a hard time handling stress.	0	1	2	3	4
I don't see colors as brightly as before.	0	1	2	3	4
I have lost interest in art; I don't appreciate art as much anymore.	0	1	2	3	4
I don't have much hair under my arms or in the pubic area. (0=plenty of hair/4=hairless).	0	1	2	3	4
My muscles are flabby.	0	1	2	3	4
I have abundant, light-colored urine during the day.	0	1	2	3	4
I have low blood pressure.	0	1	2	3	4
I crave salty foods.	0	1	2	3	4

Add up your Overall Score\_\_\_\_ : Overall total is 10 or less is satisfactory level. Between 11-20: Possible Pregnenolone deficiency. 21 or more: Probable Pregnenolone deficiency.

### Melatonin

Signs and Symptoms	Never	Sometimes	Regularly	Often	Constantly
I look older than I am.	0	1	2	3	4
I have trouble falling asleep at night.	0	1	2	3	4
I wake up during the night.	0	1	2	3	4
I can't get back to sleep.	0	1	2	3	4
I have anxious thoughts while trying to fall asleep.	0	1	2	3	4
My feet are too hot at night.	0	1	2	3	4
When I get up, I don't feel rested.	0	1	2	3	4
I go to bed late and wake up late.	0	1	2	3	4
I can't tolerate jet lag.	0	1	2	3	4
I smoke, drink and/or use a beta-blocker or sleep aid.	0	1	2	3	4

Add up your Overall Score\_\_\_\_ : Overall total is 10 or less is satisfactory level. Between 11-20: Possible Melatonin deficiency. 21 or more: Probable Melatonin deficiency.

### Growth Hormone

Signs and Symptoms	Never	Sometimes	Regularly	Often	Constantly
I have an increase in body fat.	0	1	2	3	4
I have decreased levels of energy.	0	1	2	3	4
I have decreased stamina.	0	1	2	3	4
I have decreased muscle mass, bulk, and strength.	0	1	2	3	4
I have decreased bone mineral density (increased risk for osteoporosis).	0	1	2	3	4
I have decreased HDL (good cholesterol) and increased LDL (bad cholesterol)	0	1	2	3	4
I have decreased immune function.	0	1	2	3	4
I have wrinkling skin and graying hair.	0	1	2	3	4
I have increased weight gain.	0	1	2	3	4
I have increased depression and anxiety	0	1	2	3	4

Add up your overall score \_\_\_\_: Overall total is 10 or less is satisfactory level. Between 11-20: Possible Growth Hormone Deficiency. 21 or more: Probable Growth Hormone Deficiency.

### PROGESTERONE

My breasts are large.	0	1	2	3	4
My close friends complain I'm nervous and agitated.	0	1	2	3	4
I feel anxious.	0	1	2	3	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).

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

Probable 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 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 and Symptoms	Never	Sometimes	Regularly	Often	Constantly
My face has gotten slack and more hairy.	0	1	2	3	4
I've lost muscle tone.	0	1	2	3	4
My belly tends to get fat.	0	1	2	3	4
I'm constantly tired.	0	1	2	3	4
I feel like making love less often than I used to.	0	1	2	3	4
My breasts are getting fatty.	0	1	2	3	4
I feel less self-confident and more hesitant.	0	1	2	3	4
My sexual performance is poorer than it used to be.	0	1	2	3	4
I have hot flashes and sweats.	0	1	2	3	4
I tire easily with physical activity.	0	1	2	3	4

Add up your overall score \_\_\_\_: Overall total is 10 or less is satisfactory level. Between 11-20: Possible Testosterone Deficiency. 21 or more: Probable Testosterone Deficiency.