

Female Hormone Questionnaire

Patient _____

D.O.B. _____

Date _____

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 of each line then total the score at the bottom of each hormone.
0= Never 1=Sometimes 2=Regularly 3= Often 4=Constantly

Estrogen

- | | | | | | |
|--|---|---|---|---|---|
| 1 I'm 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) | 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

- | | | | | | |
|--|---|---|---|---|---|
| 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 period | 0 | 1 | 2 | 3 | 4 |
| 6 And my 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 |

Post Menopausal women not treated with bhrt

- Add up your total overall score: _____
4 or less= satisfactory level
5-8 = possible progesterone deficiency
9 or more=probably progesterone deficiency

Menstrual and Menopausal women taking bhrt

- Add up your total overall score: _____
10 or less= satisfactory
11-20=possible progesterone deficiency
21 and more=probably progesterone deficiency

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

11-20= possible thyroid hormone deficiency

21 or more=probably thyroid hormone deficiency

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	1	2	3	4
7 I feel more tired at rest than when I am active (0=plenty of hair/4 =hairless)	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

11-20= possible pregnenolone deficiency

20 or more= probably pregnenolone 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 at 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 asleep	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

11-20 = possible melatonin deficiency

21 or more= probably melatonin deficiency

Growth Hormone

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 thick and/or dry	0	1	2	3	4
7 It's hard to recover after physical therapy	0	1	2	3	4
8 I feel exhausted	0	1	2	3	4
9 I don't feel 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 total _____

10 or less= satisfactory level

11-20 = possible growth hormone deficiency

21 or more= probably growth hormone 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 the 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 (1 = 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 total _____

10 or less= satisfactory level

11-20= possible DHEA deficiency

21 or more= probably DHEA deficiency

Cortisol

1 My face looks thinner	0	1	2	3	4
2 My friends call be skinny	0	1	2	3	4
3 I have eczema, psoriasis or 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 overall total _____

10 or less=satisfactory

11-20 = possible cortisol deficiency

21 or more= probably cortisol deficiency

Testosterone

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	0	1	2	3	4

Add up your overall total _____

5 or less= satisfactory level

6-10 =possible testosterone deficiency

11 or more=probably testosterone deficiency

Memory

Do you suffer from memory loss?

Do you have trouble concentrating?

Yes No

Skin and Hair

Do you have wrinkles along the nose, smile lines or forehead?

Do you have little wrinkles around the eyes and crows feet?

Do you have age spots?

Do you have dry, thin skin?

Are you losing your hair or is it turning gray?

Yes No

Weight Control

Is your abdomen too plump? Is it distended?

Are your breasts too large? Do they get larger before periods?

Are your buttocks and thighs too well padded, pear shaped?

Yes No

Stress and Moods

Do you suffer from constant fatigue?

Do you have high blood pressure?

Are you anxious, nervous, or irritable?

Do small things set you off?

Are you depressed?

Yes No

Joints and Bones

Do you have arthritis?

Do you have osteoarthritis?

Do you have fibromyalgia (sharp shoulder pain)?

Have you lost muscle mass, tone, and strength?

Do you have bone loss of the spine, hips, hands, wrists or feet?

Yes No

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