

## Do You Have A Hormone Deficiency?

Thierry Hertoghe M.D. developed this self-test to help you determine if your levels of hormones 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 this out.

### ESTROGEN

	Signs & Symptoms	Never				Always
1	I am 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 dried and easily irritated	0	1	2	3	4
6	I have hot flashes	0	1	2	3	4
7	I fell tired constantly	0	1	2	3	4
8	I am depressed	0	1	2	3	4
9	My menstrual flow is light	0	1	2	3	4
10	My cycles are irregular, too short, or too long	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 is 10 or less is satisfactory level. Between 11-20: Possible Estrogen deficiency. 21 or more: Probable Estrogen 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 abdomen are receding	0	1	2	3	4
4	My abdomen is flabby	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	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

	Signs & Symptoms	Never				Always
1	My breast 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					
5	My breasts are swollen and tender or painful before my period	0	1	2	3	4
6	My lower belly is swollen	0	1	2	3	4
7	I am irritable and aggressive	0	1	2	3	4
8	I loose my self-control	0	1	2	3	4
9	I have heavy periods	0	1	2	3	4
10	They are continuously painful	0	1	2	3	4

Add up your Overall Score\_\_\_\_ Post-menopause women not treated with hormone replacement therapy: 4 or less: Satisfactory level. Between 5 and 8: Possible progesterone deficiency. 9 or more: Probable progesterone deficiency. Menopausal women taking hormone replacement therapy: 10 or less: Satisfactory level. Between 11-20: Possible progesterone deficiency. 21 or more: Probable progesterone deficiency.

### TESTOSTERONE

	Signs & Symptoms	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
	MEN ONLY	0	1	2	3	4
6	My breasts are getting fatty	0	1	2	3	4
7	I feel less 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 your Overall Score\_\_\_\_: For women: 5 or less is satisfactory level. Between 6-10: Possible Testosterone deficiency. 11 or more: Probable Testosterone deficiency. For men: 10 or less is satisfactory level. Between 11-20: Possible Testosterone deficiency. 21 or more: Probable Testosterone 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 my pubic area	0	1	2	3	4
7	I don't have much tissue in the pubic area	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 is 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 is 10 or less is satisfactory level. Between 11-20: Possible Thyroid deficiency. 21 or more: Probable Thyroid deficiency

**PART II – Circle the answer to the ailments and discuss them with your physician.**

<b>Energy</b>			
	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
<b>Sex</b>			
	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
<b>Sleep</b>			
	1 Do you sleep poorly?	YES	NO
	2 Do you rarely dream?	YES	NO
<b>Memory</b>			
	1 Do you suffer from short -or long-term memory loss?	YES	NO
	2 Do you have trouble concentrating?	YES	NO
<b>Skin &amp; Hair</b>			
	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 grey?	YES	NO
<b>Weight Control</b>			
	1 Is your abdomen too plump? Is it distended?	YES	NO
	2 Women: Are your breasts too large, do they get larger before your periods?	YES	NO
	3 Are your buttocks and thighs too well padded? Are you pear shaped?	YES	NO
<b>Stress &amp; Mood</b>			
	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
<b>Joints &amp; Bones</b>			
	1 Do you have arthritis?	YES	NO
	2 Do you have osteoarthritis in the hip?	YES	NO
	3 Do you have sharp shoulder pain?	YES	NO
	4 Have you lost muscle mass, tone, and strength?	YES	NO
	5 Do you have bones loss of the spine, hips, hands, wrist, and feet?	YES	NO