

<b>MEN and WOMEN</b>	<b>Never</b>	<b>Sometimes</b>	<b>Regularly</b>	<b>Often</b>	<b>Constantly</b>
My face has gotten slack and more wrinkled	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
<b>MEN ONLY</b>	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

TOTAL  
Overall TOTAL

**Score for Women: TESTOSTERONE**

**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**

**11 or more: Probable testosterone deficiency**

1	Do you have decrease in libido (sex drive)?	YES	NO
2	Do you have lack of energy?	YES	NO
3	Do you have decrease in strength and endurance?	YES	NO
4	Have you lost height?	YES	NO
5	Have you noticed a decreased in enjoyment of life?	YES	NO
6	Are you sad or "grumpy"?	YES	NO
7	Are your erections less strong?	YES	NO
8	Have you noticed a recent deterioration in your ability to play sports?	YES	NO
9	Are you falling sleep after dinner?	YES	NO
10	HAS there been a deterioration in your work performance?	YES	NO

**GROWTH HORMONE**

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

TOTAL  
Overall TOTAL

**Score:**

**10 or less: Satisfactory level**

**Between 11 and 20: Possible GH deficiency**

**21 or more: Probably GH deficiency**

**THYROID HORMONES**

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 than 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

TOTAL  
OVERALL TOTAL

**SCORE:**

**10 or less: satisfactory level**

**Between 11 and 20: Possible THYROID deficiency**

**21 or more: Probable THYROID deficiency**