



Male Hormone Questionnaire

Circle the number that best applies for each line: 0 = never, 1 = sometimes, 2 = often, 3 = constantly

Confusion or memory loss in stressful situations 0 1 2 3
Angry, anxious or quarrelsome 0 1 2 3
Respiratory infections or allergies 0 1 2 3
Crave salty foods or lack of thirst 0 1 2 3
Get dizzy or light-headed on standing 0 1 2 3
Bouts of colitis, diarrhea or bloating 0 1 2 3
Low stamina and intolerant of exercise 0 1 2 3
Aches and pains 0 1 2 3
Skin rashes, eczema or psoriasis 0 1 2 3
Unable to handle stressful situations 0 1 2 3
AD TOTAL _____

Heart palpitations or high blood pressure 0 1 2 3
Weight gain in the trunk (waist and abdomen) 0 1 2 3
Thinning skin or easy bruising 0 1 2 3
Increased facial or body hair 0 1 2 3
Difficulty getting to sleep or staying asleep 0 1 2 3
GERD (gastric reflux) or ulcers 0 1 2 3
Ongoing tension or constant dull headache 0 1 2 3
Sugar cravings 0 1 2 3
Loss of muscle mass 0 1 2 3
Irritability and depression 0 1 2 3
AE TOTAL _____

Hard to loose weight or swollen all over 0 1 2 3
Very low energy or fatigue and exhaustion 0 1 2 3
Dry and rough skin on face, arms, legs 0 1 2 3
Dry, coarse hair and hair loss 0 1 2 3
Low body temperature or always feeling cold 0 1 2 3
Constipation or infrequent stools (< 1/ day) 0 1 2 3
Puffiness on face or under the eyes (bags) 0 1 2 3
Apathetic or lack of interest in anything 0 1 2 3
Slow reaction and poor concentration 0 1 2 3
Brittle or slow growing nails 0 1 2 3
thD TOTAL _____

Face looking aged and has more wrinkles 0 1 2 3
Loss of sex drive and low ejaculatory volume 0 1 2 3
Ongoing fatigue that worsens with activity 0 1 2 3
Loss of strength and less muscle mass 0 1 2 3
Hot flushes or unusual sweating spells 0 1 2 3
Loss of height with age 0 1 2 3
Body hair becoming more diffuse 0 1 2 3
Loss of interest in life 0 1 2 3
Depression the whole day long 0 1 2 3
Indecisive and less self-confidence 0 1 2 3
TD TOTAL _____

Feeling tense or nervous without cause 0 1 2 3
Anxious with a lack of inner peace 0 1 2 3
Light, restless sleep 0 1 2 3
Reduced urine flow 0 1 2 3
Need more time to urinate or prostate problems 0 1 2 3
Constipation 0 1 2 3
Developing breasts 0 1 2 3
Chronically tense muscles 0 1 2 3
Male pattern baldness 0 1 2 3
Excess body hair 0 1 2 3
PD TOTAL _____

Low self-esteem or lack of confidence 0 1 2 3
Tendency to social isolation 0 1 2 3
Overall poor health 0 1 2 3
Exhaustion with poor recovery after activity 0 1 2 3
Sore feet after long walks 0 1 2 3
Feeling of rapid aging 0 1 2 3
Excessive need for sleep - 9 or more hours 0 1 2 3
Outbursts of panic and anxiety 0 1 2 3
Tendency to be depressed 0 1 2 3
Abdomen becoming flabby 0 1 2 3
GD TOTAL _____