

EVALUATE YOUR HORMONES

S.No	Signs and Complaints	No/ rarely	Frequent
1.	My face has gotten slack, and more wrinkled	0	1
2	My muscles are flabby	0	1
3.	My belly tends to get fat	0	1
4.	I tire easily with physical activity	0	1
5	I feel less self-confident and more hesitant	0	1
6	My sexual performance is poorer than it used to be.	0	1
7	I urinate too many times a day	0	1
8	My joints hurt (fingers, wrists, elbow, ankles, knees)	0	1
9	I don't have much hair under my arms /pubic area.	0	1
10	My hair/Skin/Eyes is dry	0	1
11	I have eczema, psoriasis,allergies,asthma.	0	1
12	I have digestive problem	0	1
13	I'm sensitive to cold	0	1
14	My hands and feet are always cold	0	1
15	In the morning my face is puffy. Eyelids are swollen	0	1
16	I put on weight easily	0	1
17	I have trouble getting up in the morning	0	1
18	I am constipated	0	1
19	I feel like I'm living in slow-motion	0	1
20	My hair is thinning	0	1
21	I feel continuously anxious and worried	0	1
22	I look older than I am	0	1
23	I have trouble falling asleep at night	0	1
24	I wake up during the night	0	1
25	My mind is busy with anxious thoughts while I'm trying to fall asleep.	0	1
26	My feet are too hot at night	0	1
27	When I get up, I don't feel rested	0	1
ONLY FOR FEMALES			
28	My breasts are swollen or painful before my period	0	1
29	...and I'm irritable and aggressive	0	1
30	...and I lose my self-control	0	1
31	I have heavy periods ...	0	1
32	...and they are continuously painful	0	1
33	I am losing hair on top of my head	0	1
34	I'm getting thin vertical wrinkles above my lips	0	1
35	My breasts are droopy	0	1
36	My face is too hairy	0	1
37	I have hot flashes	0	1
38	Women with periods: My cycles are irregular.	0	1

If the score is more than 12 then there may be the need for hormones evaluation.