



Hormone Symptom Questionnaire | Male

Name:

Date:

Date of Birth:

Height:

Weight:

Please rate the following symptoms:

- | | |
|----------------------|----------------------|
| 0 No symptoms | 3 Moderate |
| 1 Very Mild | 4 Severe |
| 2 Mild | 5 Very Severe |

A: Mood & Mental

- Anxious
- Apathetic
- Burned Out
- Confused
- Brain Fog
- Fatigue
- Decreased concentration
- Irritable
- Poor Sleep
- 'Tired but Wired'
- Mood Swings
- Tearful
- Poor motivation
- Do not want to socialise
- Sleepy
- Memory Loss

B: Skin, Nails & Hair

- Acne
- Dry Skin
- Thinning of Skin
- Bruising
- Increased hair - face, abdomen etc
- Hair Loss - head
- Hair dry/brittle
- Cold extremities
- Decreased facial hair
- Fluid retention - peripheral
- Generally sweaty
- Night sweats
- Dry eyes
- Puffy eyes
- Brittle nails
- Greasy hair
- Greasy skin

C: Musculoskeletal

- Decreased muscle strength
- Tremor
- Muscle pains
- Joint pains
- Muscle Cramps
- Numbness/tingling
- Decreased muscle mass

E: Food, GI & Metabolic

- Weight gain - abdominal
- Weight gain - hips
- High cholesterol/triglycerides
- Increased appetite
- Decreased appetite
- Salt cravings
- Sweet/carbohydrate cravings
- Symptoms of low blood sugar
- Loose bowel motions
- Constipation
- Abdominal cramps
- Bloating

G: General Symptoms

- Feeling cold
- Hoarse voice
- Voice less deep
- Intolerant of cold
- Intolerant of heat
- Headaches

D: Cardiovascular

- Decreased stamina
- Palpitations/heart racing
- Hot flushes
- Low BP/light headed
- Dizzy
- Increased blood pressure

F: Reproductive

- Early ejaculation
- Increased libido
- Decreased libido
- Decreased sexual sensation
- Breast enlargement
- Urinary retention
- Urinary incontinence
- Frequent urination/up at night
- Painful intercourse
- Unable to orgasm
- Smaller genitals
- Thrush/yeast infections
- Decreased morning erections

Other Symptoms:

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Comments:

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