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Female Estrogen-Progesterone and Testosterone Deficiency Questionnaire

This Estrogen-Progesterone Deficiency Questionnaire will help women determine if they have meaningful symptoms associated with low female sex hormones.

As you read the list below, ✓ the Yes box in front of that symptom.

Next Rank each problem you have on a scale of 1-10 where 1 = a minimal problem, and 10 = is the most severe or significant problem. **For Example:** ✓Yes Night Sweats = 5

✓ Yes	Symptom	Rank	✓ Yes	Symptoms	Rank
Symptoms of Estrogen Deficiency			Progesterone Deficiency		
	Hot Flashes and/or Warm Rushes			PMS	
	Night Sweats			Fibroids (Benign Tumor in Womb)	
	Hot and/or Cold Mood Swings			Endometriosis	
	Mental Fogginess			Breast Tenderness & Pain	
	Headaches			Breast Lumps and/or Breast Cysts	
	Forgetfulness				
	Migraines				
	Dry Vagina				
	Dry Eyes and/or Dry Skin				
	Loss of Personal Glow		Symptoms of Testosterone Deficiency		
	Pain During Intercourse			Diminished Libido	
	Insomnia, Sleep Disturbances			Loss of Sense of Security	
	Racing Mind at Night			Diminished Energy and/or Weakness	
	Frequent Fatigue and/or Low Stamina			Diminished Stamina	
	Intestinal Bloating			Loss of Pubic Hair and/or Arm Pit Hair	
	Diminished Sensuality and/or Sexuality			Loss of Muscle Mass, Flabbiness	
	Loss of Interest in Sex, Low Libido				
	Weight Gain, Thighs, Hips and/or Gluteus				

Are You Estrogen-Progesterone or Testosterone Deficient? The Answer!

If you have answered **No** to all questions above, then you most likely not Estrogen-Progesterone or Testosterone Deficient.

If you have answered **Yes** to 5 or more questions or you rank greater than 5 on 3 or more questions, then you are either Estrogen-Progesterone and or Testosterone Deficient.

If you are Estrogen-Progesterone Deficient, then you will can benefit greatly from Bio-Identical - Female Hormone Replacement Therapy (HRT).

We look forward to helping you feel your best.
Please call 805-435-1200 to set up an appointment. Let's talk!