

NAME:

DATE:

Male Hormone Symptoms List

Each hormone category is divided into hormone deficiency and hormone excess symptoms, as each has a different subset of symptoms. **Score the symptoms that apply to you as 0 (none), 1 (mild), 2 (moderate), or 3 (severe).**
If you score higher than 10 in any hormone excess or deficiency category it is probably worthwhile to do order a hormone test.

Androgen Deficiency

Indifference ___
Burned out feeling ___
Decreased erections ___
Decreased libido/sex drive ___
Decreased muscle mass ___
Decreased stamina ___
Decreased urine flow ___
Depression ___
Erectile dysfunction ___
Fatigue ___
Increase urinary urge ___
Infertility ___
Irritability ___
Mental fatigue ___
Night sweats ___
Sleep disturbances ___
Testicle enlargement ___
Weight gain (waist) ___

Total Score: _____

Androgen Excess

Acne ___
Aggressiveness ___
Breast enlargement ___
Competitiveness ___
Enlarged prostate ___
Hair loss ___
High sex drive ___
Impulsiveness ___
Insensitivity to others ___
Moodiness ___
Nipple or areola enlargement ___
Testicle shrinkage ___
Weight gain ___

Total Score _____

Cortisol Deficiency

Sugar craving ___
Allergies ___
Chemical sensitivity ___
Stress ___
Cold body temperature ___
Heart palpitations ___
Aches/pains ___
Arthritis ___

Total Score: _____

Cortisol Excess

Fatigue ___
Sleep disturbances ___
Depression ___
Weight gain in waist ___
Loss of muscle mass ___
Thinning skin ___

Total Score: _____