

# Male Hormone Questionnaire

Date: \_\_\_\_\_.

Name: \_\_\_\_\_ . Age: \_\_\_\_\_.

Weight: \_\_\_\_\_ kg.

**Notes:**

Please score SEVERE symptoms with 3 points, MODERATE symptoms with 2 points and MILD symptoms with 1 point and if not applicable please score 0.

## Testosterone Deficiency Symptoms

- Fatigue \_\_\_\_\_
- Permanent fatigue increasing with exercise \_\_\_\_\_
- Muscle pain / Nerve tenseness \_\_\_\_\_
- Reduced muscle strength \_\_\_\_\_
- Persistent depression \_\_\_\_\_
- Irritability \_\_\_\_\_
- Increased aggression \_\_\_\_\_
- Anxiety and fear \_\_\_\_\_
- Anxiety about health - frequent illness \_\_\_\_\_
- Loss of self confidence \_\_\_\_\_
- Poor libido - reduced sexual desire \_\_\_\_\_
- Erection firmness, persistence, frequency reduced \_\_\_\_\_
- Difficulty reaching climax \_\_\_\_\_
- Reduced ejaculation volume \_\_\_\_\_
- Reduced memory function \_\_\_\_\_
- Increased sensitivity to pain \_\_\_\_\_
- Increased expression of pain \_\_\_\_\_
- Insomnia or reduced sleep \_\_\_\_\_
- Hot flushes \_\_\_\_\_
- Sweating spells (head and upper chest) \_\_\_\_\_
- Enlarged prostate \_\_\_\_\_
- Difficulty or frequent urination \_\_\_\_\_
- Osteo-arthritis / Joint pain \_\_\_\_\_

Total (Maximum 69): \_\_\_\_\_