

HORMONE HISTORY QUESTIONNAIRE

Adapted from Thierry Hertoghe, M.D., with his permission.

Maria I. Bermudez Fresse, MD

imedconciierge@gmail.com

937.245.4439

Name: _____ Date: _____

Please complete this questionnaire and return to us before your visit.

Please use the following key:

No/ Never 0	Not Much/ Sometimes 1	In Moderation/ Regularly 2	A lot/ Often 3	Tremendously/ Constant 4
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ACTH

Signs and Symptoms of Deficiency	Severity 0 to 4
I have patches of hair loss.	
I have a very pale complexion.	
I sunburn easily.	
I often have memory loss.	
I'm stressed out./I'm facing many difficulties	
My blood pressure has dropped.	
My friends tell me I look thinner.	
Total	

SCORE: 7 OR LESS: SATISFACTORY LEVEL. BETWEEN 8 AND 14: POSSIBLE ACTH DEFICIENCY. 13 OR MORE PROBABLE ACTH DEFICIENCY.

ALDOSTERONE

Signs and Symptoms of Deficiency	Severity 0 to 4
I urinate too many times a day.	
I crave salty foods.	
My blood pressure is low.	
I feel dizzy when I stand up .	
I feel much better lying down than standing up.	
Total	

SCORE: 5 OR LESS: SATISFACTORY LEVEL. BETWEEN 6 AND 10: POSSIBLE ALDOSTERONE DEFICIENCY. 11 OR MORE PROBABLE

ALDOSTERONE DEFICIENCY

CALCITONIN

Signs and Symptoms of Deficiency	Severity 0 to 4
I have vertebral fractures (crushes)-compression fractures in my spine.	
I've lost height.	
My back hurts.	
I'm very sensitive to pain.	

I have thyroid problems (goiter, thyroid insufficiency, radiation applied to this area).	
Total	

SCORE: 5 OR LESS:SATISFACTORY LEVEL BETWEEN 6 AND 12: POSSIBLE CALCITONIN DEFICIENCY 13 OR MORE PROBABLE

CALCITONIN DEFICIENCY.

CORTISOL

Signs and Symptoms of Deficiency	Severity 0 to 4
My face looks thinner.	
My friends call me skinny.	
I have eczema, psoriasis, urticaria ('nettle rash"), skin allergies, or other rashes.	
My heart beats quickly.	
My blood pressure is low.	
I crave salt or sugar (to the extent of bingeing).	
I have digestive problems.	
I have allergies (hay fever, asthma, etc.).	
I'm stressed out.	
I'm easily confused.	
Total	

SCORE: 10 OR LESS:SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE CORTISOL DEFICIENCY. 21 OR MORE PROBABLE

CORTISOL DEFICIENCY.

DHEA

Signs and Symptoms of Deficiency	Severity 0 to 4
My hair is dry.	
My skin and eyes are dry.	
My muscles are flabby.	
My belly is getting fat.	
I don't have much hair under my arm.	
I don't have much hair in the pubic area. (0= plenty of hair / 4= hairless)	
I don't have much fatty tissue in the pubic area (flat "mount of Venus" in women). (0=padded / 4=flat)	
My body doesn't have much of a special scent during sexual arousal.	
I can't tolerate noise.	
My libido is low.	
Total	

SCORE: 10 OR LESS:SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE DHEA DEFICIENCY. 21 OR MORE PROBABLE DHEA

DEFICIENCY.

EPO

Signs and Symptoms of Deficiency	Severity 0 to 4
I have a particularly pale complexion.	
Prolonged physical effort leaves me breathless.	
I'm anemic (diagnosed with a blood test)	
"A sense of well-being?" What's that?"	
My blood test shows an increased BUN (blood uric nitrogen)level.	
Total	

SCORE: 5 OR LESS:SATISFACTORY LEVEL. BETWEEN 6 AND 10: POSSIBLE EPO DEFICIENCY. 11 OR MORE PROBABLE EPO DEFICIENCY

ESTROGEN

Signs and Symptoms of Deficiency	Severity 0 to 4
I am losing hair on top of my head.	
I'm getting thin, vertical wrinkles above my lips.	
My breasts are droopy	
My face is too hairy	
My eyes are dry and easily irritated.	
I have hot flashes.	
I feel tired constantly	
I am depressed.	
My menstrual flow is light (0=moderate/ 1-3 = low/4=none	
Women with periods: My cycles are irregular, too short (<27 days), or too long (>31 d	
Women without periods: I do not feel like making love anymore.	
Total	

SCORE: 10 OR LESS:SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE ESTROGWN DEFICIENCY. 21 OR MORE PROBABLE

ESTROGEN DEFICIENCY.

GROWTH HORMONE

Signs and Symptoms of Deficiency	Severity 0 to 4
My hair is thinning.	
My cheeks sag.	
My gums are receding.	
My abdomen is flabby. //I've got a "spare tire"	
My muscles are slack.	
My skin is thin and/or dry.	
It's hard to recover after physical activity.	
I feel exhausted.	
I don't like the world. I tend to isolate myself.	
I feel continuously anxious and worried.	
Total	

SCORE: 10 OR LESS:SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE GROWTH HORMONE DEFICIENCY. 21 OR MORE PROBABLE GROWTH HORMONE DEFICIENCY.

INSULIN

Signs and Symptoms of Deficiency	Severity 0 to 4
I crave sugar and sweets, and eat a lot of them.	
I'm always thirsty.	
I urinate a lot during the day as well as at night.	
I have difficulty healing.	
My stomach and buttocks are skinny.	
Total	

SCORE: 5 OR LESS:SATISFACTORY LEVEL. BETWEEN 6 AND 10: POSSIBLE INSULIN DEFICIENCY. 11 OR MORE PROBABLE INSULIN DEFICIENCY.

MELATONIN

Signs and Symptoms of Deficiency	Severity 0 to 4
I look older than I am.	
I have trouble falling asleep at night.	
I wake up during the night...	
and I can't get back to sleep.	
My mind is busy with anxious thoughts while I'm trying to fall asleep.	
My feet are too hot at night.	
When I get up, I don't feel rested.	
I feel like I'm living out of sync with the world, going to bed late and waking up late.	
I can't tolerate jet lag.	
I smoke, drink, and/or use a beta-blocker or a sleep aid.	
Total	

SCORE: 10 OR LESS:SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE MELATONIN DEFICIENCY. 21 OR MORE PROBABLE MELATONIN DEFICIENCY.

PREGNENOLONE

Signs and Symptoms of Deficiency	Severity 0 to 4
I have memory loss. Forget things.	
My joints hurt. (fingers, wrists, elbows, feet, ankles and knees)	
I feel a bit tired and have difficulty handling stress.	
I don't see colors as brilliant as they used to be.	
I have lost interest in art; I no longer appreciate it as before.	
I don't have much axillary(under arm) or pubic hair (0=abundant, 4=none)	
My muscles are flaccid.	
My urine is abundant and clear through the day.	

I have low blood pressure.	
I crave salty foods.	
Total	

SCORE: 10 OR LESS: SATISFACTORY LEVEL. BETWEEN 11 AND 20: POSSIBLE PREGNENOLONE DEFICIENCY. 21 OR MORE

PROBABLE PREGNENOLONE DEFICIENCY.

PROGESTERONE

Signs and Symptoms of Deficiency	Severity 0 to 4
My breasts are large	
My close friends complaint that I am nervous and agitated.	
I feel anxious.	
I have light sleep and feel agitated.	
The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen and progesterone).	
My breasts are inflamed, and sensitive or painful before my period.	
And my lower abdomen is swollen...	
And I feel irritable and anxious...	
And I cannot control myself....	
I have strong, heavy periods...	
And they are continuously painful.	
Total	

SCORE: POST-MENOPAUSAL FEMALES THAT ARE NOT ON HRT 4 OR LESS: SATISFACTORY, BETWEEN 5-8: POSSIBLE PROGESTERONE

DEFICIENCY, 9 OR MORE: PROBABLE PROGESTERONE DEFICIENCY. MENSTRUATING FEMALES AND POSTMENOPAUSAL FEMALES ON HRT

(E, E/P, EPT): 10 OR LESS: SATISFACTORY; BETWEEN 11-20: POSSIBLE DEFICIENCY; 21 OR MORE: PROBABLE DEFICIENCY.

TESTOSTERONE

Signs and Symptoms of Deficiency	Severity 0 to 4
My face has turned flaccid and with more wrinkles	
I have lost muscle tone	
My belly tends to gain fat.	
I am constantly tired.	
I feel like having sex less often than I do.	
SIGNS AND SYMPTOMS OF DEFICIENCY (MALES ONLY):	
Accumulation of fat in breasts	
I feel less confidence in myself and less assertive.	
My sexual performance is worse than it used to be.	
I get sudden sweating and run out of breath.	
I get tired easily with physical activity	
Total	

SCORE: POST-MENOPAUSAL FEMALES THAT ARE NOT ON HRT 4 OR LESS: SATISFACTORY, BETWEEN 5-8: POSSIBLE PROGESTERONE

DEFICIENCY, 9 OR MORE: PROBABLE PROGESTERONE DEFICIENCY. MENSTRUATING FEMALES AND POSTMENOPAUSAL FEMALES ON HRT

(E, E/P, EPT): 10 OR LESS: SATISFACTORY; BETWEEN 11-20: POSSIBLE DEFICIENCY; 21 OR MORE: PROBABLE DEFICIENCY.

THYROID

Signs and Symptoms of Deficiency	Severity 0 to 4
I am sensitive to cold.	
My hands and feet are always cold.	
In the morning, my face is swollen and my eyelids are inflamed.	
I gain weight easily.	
My skin is dry.	
I have difficulty getting up in the morning.	
I feel more tired when I am at rest than when I am active.	
I have constipation.	
My joints are stiff in the morning.	
I feel like I live in slow motion.	
Total	

SCORE: 10 OR LESS: SATISFACTORY LEVEL. BETWEEN 6 AND 10: POSSIBLE THYROID DEFICIENCY. 11 OR MORE PROBABLE THYROID DEFICIENCY

VASOPRESSIN (ANTIDIURETIC HORMONE - ADH)

Signs and Symptoms of Deficiency	Severity 0 to 4
I am thirsty at night.	
I wake up at night to urinate.	
I bleed a lot with any wound/cut.	
I am losing my memory.	
I have difficulty thinking clearly.	
Total	

SCORE: 5 OR LESS: SATISFACTORY LEVEL. BETWEEN 6 AND 10: POSSIBLE ADH DEFICIENCY. 11 OR MORE PROBABLE ADH DEFICIENCY

Thank you for taking the time to complete this questionnaire. Your answers are an important and useful part of your hormonal evaluation.