**Male Hormone Questionnaire**

Name: Click here to enter text. DOB: Click here to enter text. Date: Click here to enter text. Email: Click here to enter text.

This questionnaire assesses your sex hormone function. Your sex hormones maintain youthful health and prevent many diseases of aging. They are important for sexual characteristics, sex organ function and sexual activity, but also for muscle, heart, brain, blood vessel and so many other functions. You can tell this by many of the symptoms listed below. Sometimes low Testosterone can be due to excess conversion to Dihydrotestosterone or to Estrogen. Both of these hormones are also important in men. Estrogen performs many functions in your body. One of them is the enhancement of sexual desire or libido, but, if it is too high, it can cause other problems as you can see below.

The more items checked below in a hormone category, the greater the possibility you have a deficiency or excess of that hormone. Certain symptoms/associations have a higher likelihood than others.

Please mark any that apply. Indicate the severity of each symptom you are experiencing currently by typing a 1 – 5 (1=mild/5=severe) in the middle of the red line ( \_\_ ). Some questions may not sound as if they are requesting severity information or you may be unsure of the severity. In these situations please enter your best guess. If the symptom is current, simply place a number in the provided space. If it is a symptom that you have had in the past, please indicate severity & type the word “past” in the space.

When you have completed the form, save it and email it back to [SPHW@stpetehw.com](mailto:SPHW@stpetehw.com) or call our office at 727-202-6807 to make an appointment.

**Testosterone Deficiency**

\_\_Nervous

\_\_Irritable

\_\_Ill at ease

\_\_Lack of mental firmness

\_\_Undecided, Hesitating

\_\_Loss of self-confidence

\_\_Lack of assertiveness

\_\_Lack of authority

\_\_Loss of initiative

\_\_Loss of interest in life

\_\_Few social contacts, withdrawn

\_\_Depression (continuous)

\_\_Poor Concentration

\_\_Poor memory

\_\_Negative attitude

\_\_Unnecessary, futile worry

\_\_Anxiety, fears

\_\_Excessive emotions with stress

\_\_Low resistance to stress

\_\_Excessive sensitivity to difficulties

\_\_Frequent complaints of illness

\_\_Aging appearance

\_\_Weight gain despite exercise

\_\_Abdominal Obesity/Overweight

\_\_Excess fat breasts & hips

\_\_Headache

\_\_Tinnitus (Ear buzzing)

\_\_Slow bowel movement

\_\_Constipation

\_\_Hemorrhoids

\_\_Insomnia (disturbed sleep)

\_\_Day & night sweats (head & upper chest)

\_\_Hot flushes

\_\_Fatigue increasing with physical activity

\_\_Lack of Energy

\_\_Low Vitality

\_\_Tire easily

\_\_Lack of interest in exercise

\_\_Lack of endurance

\_\_Reduced muscle strength

\_\_Reduced muscle mass

\_\_Muscle laxity

\_\_Muscle pains

\_\_Back pain

\_\_Sciatica

\_\_Joint pain

\_\_Prostate infections

\_\_Prostate hypertrophy

\_\_Urgency (need to urinate NOW)

\_\_Dysuria (painful urination)

\_\_Nocturia (nighttime urination)

\_\_Urinary incontinence

\_\_Decrease in sex drive

\_\_Loss of ability to achieve erection

\_\_Loss of ability to maintain erection

\_\_Loss of erectile firmness

\_\_Decreased frequency of erections

\_\_Decreased orgasm

\_\_Decreased ejaculatory volume

\_\_Pale dry penile head

\_\_Decrease in non-erect penile size

\_\_Peyronie’s disese

\_\_Testicular shrinkage

\_\_Lack or loss of sexual body scent

\_\_Infertility

\_\_Loss of height

\_\_Slumped, fragile appearance

\_\_Kyphosis (hunchback)

\_\_Lordosis (swayback)

\_\_Pale

\_\_Aging face

\_\_Loss of muscle tone in face

\_\_Small wrinkles lips & eyes

\_\_Thin lips

\_\_Dry skin

\_\_Easy sun-burn

\_\_Thin skin

\_\_Atrophic skin

\_\_Dry eyes

\_\_Decreased armpit, pubic & body hair

\_\_Loss of hair especially on outer leg

\_\_Cellulite

\_\_Varicose veins

\_\_Easy bruising

\_\_Joint disease

\_\_Osteoporosis

\_\_Fast heart rate (Tachycardia)

\_\_Palpitations

\_\_Shortness of breath with exercise

\_\_Cardiovascular disease

\_\_Heart attack

\_\_Angina

\_\_High Blood Pressure

\_\_High cholesterol

\_\_Type 2 diabetes

\_\_Alzheimer’s disease

\_\_Poor wound healing

**Dihydrotestosterone Excess**

\_\_Male pattern baldness

\_\_Benign prostatic hypertrophy

\_\_Acne

\_\_Excess body hair

**Estrogen Excess**

\_\_Red face

\_\_Gynecomastia (increased breast tissue)

\_\_Breast tenderness

\_\_Benign prostatic hypertrophy

\_\_Increased abdominal obesity

\_\_Excess libido

\_\_Erectile dysfunction

\_\_Testicular atrophy

Please save and then email your completed form to [SPHW@stpetehw.com](mailto:SPHW@stpetehw.com). Call us at 727-202-6807 if you have any questions or to make an appointment.