

Test yourself as a man for Progesterone Deficiency

Signs and symptoms of Progesterone Deficiency in men		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I have male pattern baldness	0	1	2	3	4
2.	My breasts are getting fatty	0	1	2	3	4
3.	My chest and even my back are hairy	0	1	2	3	4
4.	My prostate is enlarged	0	1	2	3	4
5.	My urine flow is decreased, I need more time to urinate	0	1	2	3	4
6.	My close friends complain I'm nervous and agitated	0	1	2	3	4
7.	I feel anxious	0	1	2	3	4
8.	I lose my self-control	0	1	2	3	4
9.	My shoulders feel tensed at bedtime	0	1	2	3	4
10.	I sleep lightly and restlessly	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Progesterone deficiency				
	21 or more	Probable Progesterone deficiency				