



**PROGESTERONE DEFICIENCY TEST**

<b>Signs and symptoms of Progesterone Deficiency in men</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
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
<b>Total</b>						
<b>Overall total</b>						



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<b>Score</b>	<b>10 or less</b>	Satisfactory level
	<b>Between 10 and 20</b>	Possible Progesterone deficiency
	<b>21 or more</b>	Probable Progesterone deficiency

### TESTOSTERONE DEFICIENCY TEST - MAN

<b>Signs and symptoms of Testosterone Deficiency in men</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	My face has gotten slack, and more wrinkled	0	1	2	3	4
2.	I've lost muscle tone	0	1	2	3	4
3.	My breasts are getting fatty	0	1	2	3	4
4.	My belly tends to get fat	0	1	2	3	4
5.	I have hot flashes and sweats	0	1	2	3	4
6.	I'm constantly tired	0	1	2	3	4
7.	I tire easily with physical activity	0	1	2	3	4

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8.	I feel less self-confident and more hesitant	0	1	2	3	4
9.	I feel like making love less often than I used to	0	1	2	3	4
10.	My sexual performance is poorer than it used to be	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible Testosterone deficiency				
	<b>21 or more</b>	Probable Testosterone deficiency				

**TESTOSTERONE DEFICIENCY TEST - WOMAN**

<b>Signs and symptoms of Testosterone Deficiency in women</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	My face has gotten slack, and more wrinkled	0	1	2	3	4



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2.	I've lost muscle tone	0	1	2	3	4
3.	My belly tends to get fat	0	1	2	3	4
4.	My thighs show up with cellulite	0	1	2	3	4
5.	My legs have varicose veins	0	1	2	3	4
6.	I'm constantly tired	0	1	2	3	4
7.	I am often hesitant, undecided	0	1	2	3	4
8.	I can have excessive emotions, even hysterical reactions	0	1	2	3	4
9.	I feel like making love less often than I used to	0	1	2	3	4
10.	I have difficulties to reach orgasm	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible Testosterone deficiency				
	<b>21 or more</b>	Probable Testosterone deficiency				



**CORTISOL DEFICIENCY TEST**

	<b>Signs and symptoms of Cortisol Deficiency</b>	<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	My face looks thinner	0	1	2	3	4
2.	My friends call me skinny	0	1	2	3	4
3.	I have eczema, psoriasis, urticaria ("nettle rash"), skin allergies or other rashes.	0	1	2	3	4
4.	My heart beats quickly	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I crave salt or sugar (to the extent of bingeing)	0	1	2	3	4
7.	I have digestive problems	0	1	2	3	4
8.	I have allergies (hay fever, asthma, etc.)	0	1	2	3	4
9.	I'm stressed out	0	1	2	3	4
10.	I'm easily confused	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible cortisol deficiency				
	<b>21 or more</b>	Probable cortisol deficiency				



**ALDOSTERONE DEFICIENCY TEST**

<b>Signs and symptoms of Aldosterone Deficiency</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	I have sunken eyes (deep in the orbits)	0	1	2	3	4
2.	My wrinkles are sharp and deep	0	1	2	3	4
3.	I urinate too many times a day	0	1	2	3	4
4.	I crave salty foods	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I feel dizzy when I stand up	0	1	2	3	4
7.	I have difficulties in focusing with my eyes objects when I stand up	0	1	2	3	4
8.	I feel much better lying down than standing up	0	1	2	3	4
9.	I hear not well	0	1	2	3	4
10.	I am often absent-minded, as if I am here and in another world	0	1	2	3	4



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<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible Aldosterone deficiency				
	<b>21 or more</b>	Probable Aldosterone deficiency				



**DHEA DEFICIENCY TEST**

Signs and symptoms of DHEA Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My hair is dry	0	1	2	3	4
2.	My skin and eyes are dry	0	1	2	3	4
3.	My muscles are flabby	0	1	2	3	4
4.	My belly is getting fat	0	1	2	3	4
5.	I don't have much hair under my armpits (0=plenty of hair / 4=hairless)	0	1	2	3	4
6.	I don't have much hair in the pubic area (0=plenty of hair / 4=hairless)	0	1	2	3	4
7.	I don't have much fatty tissue in the pubic area (Flat "mount of Venus" in women). (0=padded/ 4= flat)	0	1	2	3	4
8.	My body doesn't have much of a special scent during sexual arousal	0	1	2	3	4
9.	I can't tolerate noise.	0	1	2	3	4
10.	My libido is low	0	1	2	3	4

<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible DHEA deficiency				
	<b>21 or more</b>	Probable DHEA deficiency				





**ESTROGEN DEFICIENCY - TEST**

<b>Signs and symptoms of Estrogen Deficiency in women</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	I am losing hair on top of my head	0	1	2	3	4
2.	I'm getting thin vertical wrinkles above my lips	0	1	2	3	4
3.	My breasts are droopy	0	1	2	3	4
4.	My face is too hairy	0	1	2	3	4
5.	My eyes are dry and easily irritated	0	1	2	3	4
6.	I have hot flashes	0	1	2	3	4
7.	I feel tired constantly	0	1	2	3	4
8.	I am depressed	0	1	2	3	4
9.	My menstrual flow is light(0=moderate/ 1-3=low/ 4=none)	0	1	2	3	4



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10.	<b>Women with periods:</b> My cycles are irregular, too short (less than 27 days) or too long (more than 31 days)	0	1	2	3	4
	<b>Women without periods:</b> I do not feel like making love anymore					
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible Estrogen deficiency				
	<b>21 or more</b>	Probable Estrogen deficiency				



**GROWTH HORMONE DEFICIENCY - TEST**

	<b>Signs and symptoms of Growth Hormone Deficiency</b>	<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	My hair is thinning	0	1	2	3	4
2.	My cheeks sag	0	1	2	3	4
3.	My gums are receding	0	1	2	3	4
4.	My abdomen is flabby, I've got a "spare tire"	0	1	2	3	4
5.	My muscles are slack	0	1	2	3	4
6.	My skin is thin and/or dry	0	1	2	3	4
7.	It's hard to recover after physical activity	0	1	2	3	4
8.	I feel exhausted	0	1	2	3	4
9.	I don't like the world. I tend to isolate myself.	0	1	2	3	4
10.	I feel continuously anxious and worried	0	1	2	3	4

<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible growth hormone deficiency				
	<b>21 or more</b>	Probable growth hormone deficiency				



**MELATONIN DEFICENCY - TEST**

	<b>Signs and symptoms of Melatonin Deficiency</b>	<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	I look older than I am	0	1	2	3	4
2.	I have trouble falling asleep at night	0	1	2	3	4
3.	I wake up during the night	0	1	2	3	4
4.	... and I can't get back to sleep	0	1	2	3	4
5.	My mind is busy with anxious thoughts while I'm trying to fall asleep	0	1	2	3	4
6.	My feet are too hot at night	0	1	2	3	4
7.	When I get up, I don't feel rested	0	1	2	3	4
8.	I feel like I'm living out-of-synch with the world, going to bed late and waking up late	0	1	2	3	4
9.	I can't tolerate jet lag	0	1	2	3	4
10.	I smoke, drink and/or use a beta-blocker or a sleep aid	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible melatonin deficiency				
	<b>21 or more</b>	Probable melatonin deficiency				



<b>PROGESTERONE DEFICIENCY TEST</b>
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<b>Signs and symptoms of Progesterone Deficiency</b>		<b>No Never</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	My breasts are large	0	1	2	3	4
2.	My close friends complain I'm nervous and agitated	0	1	2	3	4
3.	I feel anxious	0	1	2	3	4
4.	I sleep lightly and restlessly	0	1	2	3	4
<b>For women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen/progesterone).</b>						
5.	My breasts are swollen and tender or painful before my period	0	1	2	3	4
6.	...and my lower belly is swollen	0	1	2	3	4
7.	...and I'm irritable and aggressive	0	1	2	3	4
8.	...and I lose my self-control	0	1	2	3	4
9.	I have heavy periods ...	0	1	2	3	4
10.	...and they are continuously painful	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						



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First 4 questions		First 8	10 questions	
Score	4 or less	8 or less	10 or less	Satisfactory level
	Between 4 - 8	Between 8 - 16	10 - 20	Possible Progesterone deficiency
	8 or more	8 or more	21 or more	Probable Progesterone deficiency



**THYROID DEFICIENCY TEST**

	<b>Signs and symptoms of Thyroid Deficiency</b>	<b>NoNever</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
1.	I'm sensitive to cold	0	1	2	3	4
2.	My hands and feet are always cold	0	1	2	3	4
3.	In the morning my face is puffy and my eyelids are swollen	0	1	2	3	4
4.	I put on weight easily	0	1	2	3	4
5.	I have dry skin	0	1	2	3	4
6.	I have trouble getting up in the morning	0	1	2	3	4
7.	I feel more tired at rest than when I am active	0	1	2	3	4
8.	I am constipated	0	1	2	3	4
9.	My joints are stiff in the morning	0	1	2	3	4
10.	I feel like I'm living in slow-motion	0	1	2	3	4
<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible thyroid deficiency				
	<b>21 or more</b>	Probable thyroid deficiency				