



**PROGESTERONE DEFICIENCY TEST**

<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>						



Dr HERTOEGHE CLINIC

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