

## Test yourself for Estrogen Deficiency

Signs and symptoms of Estrogen Deficiency in women		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
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
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
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