

Test yourself for Growth Hormone Deficiency

	Signs and symptoms of Growth Hormone Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
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
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible growth hormone deficiency				
	21 or more	Probable growth hormone deficiency				