

Do You Have A Hormone Deficiency?

Take this simple test to learn whether hormone replacement therapy is right for you.

Physician and medical researcher Thierry Hertoghe M.D. developed this simple, self-administered test to help you determine if your levels of hormones are below normal.

Hormone replacement therapy (HRT) has been prescribed by doctors for decades as a weapon against the often debilitating symptoms of menopause and andropause (male menopause) and the general effects of aging.

At **Bella Aesthetica MedSpa & Wellness Center**, we specialize in bioidentical hormone replacement therapy (BHRT). We carefully analyze your current hormone levels and medical history, then create an individualized, all-natural hormone formula that addresses your specific needs.

The result? Many patients feel more energetic, vibrant and alive.

Take our simple quiz to determine whether hormone replacement therapy is right for you.

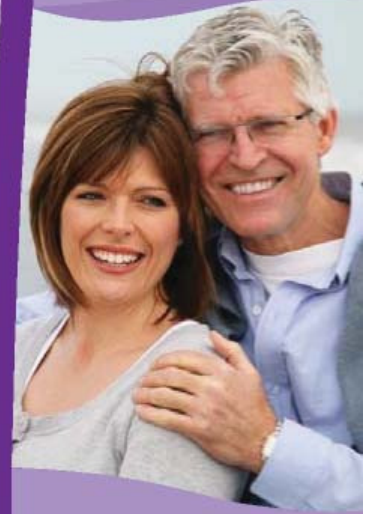
Circle the score for each line, then total the score at the bottom of each hormone section.

Bring the completed quiz to **Bella Aesthetica MedSpa & Wellness Center** for a free consultation.

To learn more, read Dr. Hertoghe's book, *Hormone Solutions*.



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ESTROGEN

SIGN & SYMPTOMS	NEVER					ALWAYS				
I am losing hair on top of my head.	0	1	2	3	4	0	1	2	3	4
I'm getting thin, vertical wrinkles above my lips.	0	1	2	3	4	0	1	2	3	4
My breast are droopy.	0	1	2	3	4	0	1	2	3	4
My face is too hairy.	0	1	2	3	4	0	1	2	3	4
My eyes are dry and easily irritated.	0	1	2	3	4	0	1	2	3	4
I have hot flashes.	0	1	2	3	4	0	1	2	3	4
I feel tired constantly.	0	1	2	3	4	0	1	2	3	4
I am depressed.	0	1	2	3	4	0	1	2	3	4
My menstrual flow is light. (0=moderate/ 1 -3=low/ 4=none)	0	1	2	3	4	0	1	2	3	4
Women with periods: My cycles are irregular, too short (<27 days), or too long (>31 days).	0	1	2	3	4	0	1	2	3	4
Women without periods: I do not feel like making love anymore.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: Overall total is 10 or less is satisfactory level. Between 11-20 Possible Estrogen deficiency. 21 or more Probably Estrogen deficiency.

PROGESTERONE

SIGN & SYMPTOMS	NEVER					ALWAYS				
My breasts are large.	0	1	2	3	4	0	1	2	3	4
My close friends complain I'm nervous and agitated.	0	1	2	3	4	0	1	2	3	4
I feel anxious.	0	1	2	3	4	0	1	2	3	4
I sleep lightly and restlessly	0	1	2	3	4	0	1	2	3	4
The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen and progesterone).										
My breasts are swollen and tender or painful before my period.	0	1	2	3	4	0	1	2	3	4
And my lower belly is swollen...	0	1	2	3	4	0	1	2	3	4
And I'm irritable and aggressive...	0	1	2	3	4	0	1	2	3	4
And I lose my self-control.	0	1	2	3	4	0	1	2	3	4
I have heavy periods...	0	1	2	3	4	0	1	2	3	4
And they are continuously painful.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: Post-menopausal women not treated with hormone replacement therapy (estrogen or estrogen and progesterone): 4 or less: Satisfactory level. Between 5 and 8: Possible progesterone deficiency. 9 or more: Probable progesterone deficiency. Menstrual women and menopausal women taking hormone replacement therapy (estrogen or estrogen and progesterone): 10 or less: Satisfactory level. Between 11 and 20: Possible progesterone deficiency. 21 or more: Probable progesterone deficiency.

TESTOSTERONE

SIGN & SYMPTOMS (MEN AND WOMEN)	NEVER					ALWAYS				
My face has gotten slack and more wrinkled.	0	1	2	3	4	0	1	2	3	4
I've lost muscle tone.	0	1	2	3	4	0	1	2	3	4
My belly tends to get fat.	0	1	2	3	4	0	1	2	3	4
I'm constantly tired.	0	1	2	3	4	0	1	2	3	4
I feel like making love less often than I used to.	0	1	2	3	4	0	1	2	3	4
SIGN & SYMPTOMS (MEN ONLY)										
My breasts are getting fatty.	0	1	2	3	4	0	1	2	3	4
I feel less self-confident and more hesitant.	0	1	2	3	4	0	1	2	3	4
My sexual performance is poorer than it used to be.	0	1	2	3	4	0	1	2	3	4
I have hot flashes and sweats.	0	1	2	3	4	0	1	2	3	4
I tire easily with physical activity.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: For Women: 5 or less: Satisfactory level. Between 6 and 10: Possible testosterone deficiency. 11 or more: Probable testosterone deficiency. Score For Men: 10 or less: Satisfactory level. Between 11 and 20: Possible testosterone deficiency. 21 or more: Probable testosterone deficiency.

DHEA

SIGN & SYMPTOMS	NEVER					ALWAYS				
My hair is dry.	0	1	2	3	4	0	1	2	3	4
My skin and eyes are dry.	0	1	2	3	4	0	1	2	3	4
My muscles are flabby.	0	1	2	3	4	0	1	2	3	4
My belly is getting fat.	0	1	2	3	4	0	1	2	3	4
I don't have much hair under my arm.	0	1	2	3	4	0	1	2	3	4
I don't have much hair in the pubic area. (0=plenty of hair/=hairless).	0	1	2	3	4	0	1	2	3	4
I don't have much fatty tissue in the pubic area. (flat "mound of Venus" in women). (0=padded / 4=flat)	0	1	2	3	4	0	1	2	3	4
My body doesn't have much of special scent during sexual arousal.	0	1	2	3	4	0	1	2	3	4
I can't tolerate noise.	0	1	2	3	4	0	1	2	3	4
My libido is low.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: Overall total is 10 or less is satisfactory level. Between 11-20 Possible DHEA deficiency. 21 or more Probable DHEA deficiency.

THYROID

SIGN & SYMPTOMS	NEVER					ALWAYS				
I'm sensitive to cold.	0	1	2	3	4	0	1	2	3	4
My hands and feet are always cold.	0	1	2	3	4	0	1	2	3	4
In the morning my face is puffy and my eyelids are swollen.	0	1	2	3	4	0	1	2	3	4
I put on weight easily.	0	1	2	3	4	0	1	2	3	4
I have dry skin.	0	1	2	3	4	0	1	2	3	4
I have trouble getting up in the morning.	0	1	2	3	4	0	1	2	3	4
I feel more tired at rest than when I am active	0	1	2	3	4	0	1	2	3	4
I am constipated.	0	1	2	3	4	0	1	2	3	4
My joints are stiff in the morning.	0	1	2	3	4	0	1	2	3	4
I feel like I'm living in slow motion.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: Overall total is 10 or less is satisfactory level. Between 11-20 Possible thyroid deficiency. 21 or more Probable thyroid deficiency.

GROWTH HORMONE

SIGN & SYMPTOMS	NEVER					ALWAYS				
1. My hair is thinning.	0	1	2	3	4	0	1	2	3	4
2. My cheeks sag.	0	1	2	3	4	0	1	2	3	4
3. My gums are receding.	0	1	2	3	4	0	1	2	3	4
4. My abdomen is flabby./ I've got a "spare time".	0	1	2	3	4	0	1	2	3	4
5. My muscles are slack.	0	1	2	3	4	0	1	2	3	4
6. My skin is thin and/or dry.	0	1	2	3	4	0	1	2	3	4
7. It's hard to recover after physical activity.	0	1	2	3	4	0	1	2	3	4
8. I feel exhausted.	0	1	2	3	4	0	1	2	3	4
9. I don't like the world. I tend to isolate myself.	0	1	2	3	4	0	1	2	3	4
10. I feel continuously anxious and worried.	0	1	2	3	4	0	1	2	3	4

Add up your Overall Score _____: Overall total is 10 or less is satisfactory level. Between 11-20 Possible Growth Hormone deficiency. 21 or more Probable Growth Hormone deficiency.

PART II— CIRCLE THE ANSWER TO THE AILMENTS AND DISCUSS THEM WITH YOUR PHYSICIAN.

ENERGY		
Do you have a hard time getting up in the morning?	YES	NO
Do you always feel tired or tired in the afternoon?	YES	NO
SEX		
Do you lack sexual desire?	YES	NO
Does your penis or clitoris seem less sensitive?	YES	NO
Are your erections not firm enough?	YES	NO
Have you lost your attraction toward your partner?	YES	NO
Do you lack vaginal lubrication?	YES	NO
SLEEP		
Do you sleep poorly?	YES	NO
Do you rarely dream?	YES	NO
MEMORY		
Do you suffer from short-or long-term memory loss?	YES	NO
Do you have trouble concentrating?	YES	NO
SKIN AND HAIR		
Wrinkles on your face along the nose, smile lines, forehead creases?	YES	NO

Do you have little wrinkles around the eyes and crows feet?	YES	NO
Do you have age spots?	YES	NO
Do you have dry, thin skin?	YES	NO
Are you losing your hair or is it turning gray?	YES	NO
WEIGHT CONTROL		
Is your abdomen too plump? Is it distended?	YES	NO
Women: Are your breast too large? Do they get larger before your period?	YES	NO
Are your buttocks and thighs too well padded? Are you pear shaped?	YES	NO
STRESS & MOOD		
Do you suffer from constant fatigue?	YES	NO
Do you have high blood pressure?	YES	NO
Are you anxious, nervous, or irritable?	YES	NO
Do small things set you off?	YES	NO
Are you depressed?	YES	NO
JOINTS & BONES		
Do you have arthritis?	YES	NO
Do you have osteoarthritis in the hip?	YES	NO
Do you have fibromyalgia (sharp shoulder pain)?	YES	NO
Have you lost muscle mass, tone, and strength?	YES	NO
Do you have bone loss of the spine, hips, hands, wrist, & feet?	YES	NO