BURNS INTEGRATIVE WELLNESS CENTER

Burns Integrative Wellness Center

34406 N. 27th Drive Suite 114
Phoenix AZ 85085

Office: 623-252-0376
Fax: 623-399-1059

Hormone Questionnaire

Progesterone

Signs & Symptoms

		Never				Always
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
	Questions 5-10 are for women who are non-menopausal or on replacement therapy [estrogen and/or progesterone]					
5	My breasts are swollen and tender or painful before my period.	0	1	2	3	4
6	My lower belly is swollen.	0	1	2	3	4
7	I'm irritable and aggressive.	0	1	2	3	4
8	I lose my self-control.	0	1	2	3	4
9	I have heavy periods.	0	1	2	3	4
10	My periods are painful.	0	1	2	3	4
	Add up your overall score					

Testosterone

Signs & Symptoms [Men & Women]

		Never				Always
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 belly tends to get fat.	0	1	2	3	4
4	I'm constantly tired.	0	1	2	3	4
5	I feel like making love less often than I used to.	0	1	2	3	4
	Signs & Symptoms [Men Only]					
6	My breasts are getting fatty.	0	1	2	3	4
7	I feel less self confident and more hesitant.	0	1	2	3	4
8	My sexual performance is poorer than it used to be.	0	1	2	3	4
9	I have hot flashes and sweats.	0	1	2	3	4
10	I tire easily with physical activity	0	1	2	3	4
	Add up your overall score					

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Growth Hormone

Signs & Symptoms [Men & Women]

		Never				Always
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 difficult 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

Add up your overall score

Thyroid

Signs & Symptoms

		Never				Always
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'm 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

Add up your overall score

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Estrogen

	Signs & Symptoms [Men & Women]	Never Always
1	I am losing hair on the top of my head.	0 1 2 3 4
2	I am getting thin, vertical wrinkles above my lips.	0 1 2 3 4
3	I have hot flashes.	0 1 2 3 4
4	I feel tired constantly.	0 1 2 3 4
5	I am depressed.	0 1 2 3 4
	Signs & Symptoms [Women Only]	
6	My breasts are droopy.	0 1 2 3 4
7	My face is too hairy.	0 1 2 3 4
	Women with periods	
8	My menstrual flow is heavy [0=moderate | 1-3=low | 4=none]	0 1 2 3 4
9	My cycles are irregular [0 for short or < 27 days | 2 for normal | 4 for long or > 31 days]	0 1 2 3 4
	Women without periods	
10	I do not feel like making love anymore.	0 1 2 3 4
	Add up your overall score	

Energy

		Y N
1	Do you have a hard time getting up in the morning?	☐ ☐
2	Do you have a hard time getting up in the morning?	☐ ☐

Sex

		Y N
1	Do you lack sexual desire?	☐ ☐
2	Does your penis or clitoris seem less sensitive?	☐ ☐
3	Have you lost attraction towards your partner?	☐ ☐
4	[Men] - Are your erections not firm enough?	☐ ☐
5	[Women] - Do you lack vaginal lubrication?	☐ ☐

Sleep

		Y N
1	Do you sleep poorly?	☐ ☐
2	Do you rarely dream?	☐ ☐

Memory

		Y N
1	Do you suffer from short or long-term memory loss?	☐ ☐
2	Do you have trouble concentrating?	☐ ☐

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Skin and Hair

		Y	N
1	Do you have wrinkles on your face along the nose, smile lines, or forehead creases?	☐	☐
2	Do you have wrinkles or crows feet around your eyes?	☐	☐
3	Do you have age spots?	☐	☐
4	Do you have dry, thin skin?	☐	☐
5	Are you losing your hair or is it turning gray?	☐	☐

Weight Control

		Y	N
1	Is your abdomen too plump? Is it distended?	☐	☐
2	[Women] - Are your breasts too large? Do they get larger before your period?	☐	☐
3	Are your buttocks and thighs too well padded?	☐	☐
4	Are you pear-shaped?	☐	☐

Stress and Mood

		Y	N
1	Do you suffer from constant fatigue?	☐	☐
2	Do you have high blood pressure?	☐	☐
3	Are you anxious, nervous, or irritable?	☐	☐
4	Do small things set you off?	☐	☐
5	Are you depressed?	☐	☐

Joints and Bones

		Y	N
1	Do you have arthritis?	☐	☐
2	Do you have osteoarthritis in the hip?	☐	☐
3	Do you have fibromyalgia? [sharp shoulder pain]	☐	☐
4	Have you lost muscle mass, tone and strength?	☐	☐
5	Do you have bone loss of the spine, hips, wrists and feet?	☐	☐

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