



Sensible-Alternative

Naturopathic Clinic

Male Hormone Questionnaire

Please check any symptoms that apply to you.

Read [Sensible News 8](#) for more information about male hormone imbalance.

Testosterone

Deficiency

Excessive conversion to DHT

| | | | |
|-------------------------|--|----------------------|--|
| Decreased energy | | Acne | |
| Depression | | Hair thinning | |
| Decreased sex drive | | Prostate enlargement | |
| Fewer morning erections | | | |
| Decreased muscle mass | | | |
| Low bone density | | | |
| Weight gain | | | |
| Thinning pubic hair | | | |
| Heart disease | | | |
| Elevated cholesterol | | | |
| Low body temperature | | | |

Note : For many men, excessive conversion to DHT is the result of excessive oestrogen.

Oestrogens (Oestradiol)

Oestrogen Excess

| | | | |
|--|--|---------------------|--|
| | | Weight gain | |
| | | Depression | |
| | | Enlarged prostate | |
| | | Decreased sex drive | |
| | | Thinning body hair | |

Note : It is normal for men to have some oestrogen, but oestrogen dominance over testosterone is a common imbalance. (This is largely due to environmental oestrogens.)

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Adrenal hormones:

DHEA Deficiency

| | DHEA Deficiency | | DHEA Overdose |
|--|---------------------------|--|---------------|
| | Chronic, severe fatigue | | |
| | Poor recovery from stress | | |
| | Inflammation | | |
| | Autoimmune disorders | | |
| | Low bone density | | |
| | Testosterone deficiency | | |

DHEA Overdose

Adrenal hormones

Cortisol Deficiency

| | Cortisol Deficiency | | Cortisol Excess |
|--|------------------------|--|-----------------------------------|
| | Severe morning fatigue | | Cortisol hump at the back of neck |
| | Low blood pressure | | Abdominal weight gain |
| | Recurring infection | | Recurring infection |
| | Allergies | | Thin, papery skin |
| | Low body temperature | | Insulin resistance |
| | Anxiety and depression | | |

Cortisol Excess

Melatonin

Melatonin Deficiency

| | Melatonin Deficiency | | |
|--|-----------------------------------|--|--|
| | Insomnia | | |
| | Shift work | | |
| | Tendency to be easily over-heated | | |

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Thyroid hormone

Thyroid Deficiency

Thyroid Excess or Overdose

| | | | |
|---------------------------|--|-------------------------|--|
| Fatigue | | Fatigue | |
| Weight gain | | Anxiety | |
| Depression | | High measured body temp | |
| Low measured body temp | | Tremour | |
| Fluid retention | | Perspiration | |
| Sensitive to heat or cold | | Heart palpitations | |
| Constipation | | | |
| Hair becoming coarser | | | |
| Elevated cholesterol | | | |
| Dry skin | | | |
| Hoarse voice | | | |
| Poor concentration | | | |
| Yellow tinged skin | | | |

Note : Thyroid problems are less common in men, but do occur.

Assessing results.

- Identify the category with a majority of items ticked (there may be more than one). This is your predominant hormone issue(s).
- The best treatment for you may be Natural Hormone Replacement, or one of many lifestyle and nutrition choices that can correct hormone imbalance. The best treatment for you may be conventional medication.
- Talk to one of our Naturopaths to determine the best treatment for you.

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