

HORMONE ASSESSMENT FOR MEN

Professional Arts Pharmacy

2015 Lord Baltimore Drive Baltimore, MD 21244

Phone 443.200.1200

Toll Free Phone 800.832.9285

Fax 443.200.1209

Toll free Fax 888.663.5686

Print out this form, answer questions, and fax or mail to Professional Arts Pharmacy

Name _____ Phone _____

Address _____

City, State, ZIP _____ Email _____

Are you over the age of 35?

Have you noticed a loss or difficulty in gaining muscle?

Have you noticed fat increasing around the waist?

Do you have low energy or feel lethargic?

Do you have poor recovery from exercise?

Do you have trouble focusing or concentrating?

Is your sex drive and function on the decline?

Do you feel depressed or irritable?

Are you under chronic stress?

Do you have trouble getting a night of restful sleep?

Do you dream?

Are you suffering from joint pain?

Do you have a family history of prostate or testicular cancer?

Do you suffer from high blood pressure, cholesterol, or diabetes?

Do you drink more than 7 alcoholic drinks a week?

Do you take prescription medications?

Do you physically train hard more than 4 hours weekly?

Rate your happiness from 1(low) to 10(high) _____

Is your testosterone on the decline? (relative to how you felt at 20 years old)

Feeling over stressed or burned out

Feeling depressed or in a negative mood

Irritable, angry or bad temper

Feeling anxious or nervous

Feeling mentally fatigued or unable to concentrate

Decreased mental wit, attention, sharpness

Forgetful

Decreased assertiveness or competitiveness

Loss of motivation to start new projects or hobbies

Feeling that work, marriage and hobbies have lost significance

Musculoskeletal

Fatigue, loss of energy especially in the afternoon/evening

Feeling sore all over; aches in joints and muscles
Back or neck pain
Decrease in physical stamina or endurance
Decrease or less than optimal muscle size, tone, strength
Decrease in athletic performance -agility & quickness
Decline in flexibility and mobility
Decreased recovery from physical exercise
Increased tendency to pull muscles or get leg cramps
Osteoporosis --yes or no

Physical Effects -do you have:

Shortness of breath with physical activity
Dizzy spells or lightheaded
Ringing in the ears or new onset headaches
Poor circulation, ankle swelling, varicose veins, hemorrhoids
Changes in visual acuity, hard to read fine print
Dry skin on face or hands or shins
Excessive sweating day or night
Urinary frequency issues --reduced flow or force

Have you recently gained weight and if so, where? (chest, hips, waist)

Sex Function --have you noticed:

Decrease in spontaneous morning erections
Decrease libido or desire for sex
Decrease in fullness or difficulty maintaining erections
Decreased volume of or strength of force of climax
Difficulty in starting erection
Have you had a vasectomy?
Have you had persistent inflammation or infection of the prostate?

Are you at risk for high levels of estrogen?

All men convert small amounts of testosterone to estrogen. But too much estrogen can cause an imbalance in the testosterone/estrogen ratio. This can be due to lifestyle, genetics, or environment.

What is your age? _____
How much excess weight do you carry? _____
Do you smoke cigarettes and how much? _____
How many drinks of alcohol per week? _____
Do you suffer from zinc deficiency? _____
white lines on nails
decrease taste or sense of smell
poor/slow wound healing
over 60 years old
frequent physical activity

Have you been or are you exposed to pesticides or chemicals?
Do you have diabetes, high blood sugar or high triglycerides?

Do you regularly use any of these medications:

antibiotics
antifungals
antidepressants (Zoloft/Prozac)
any heart medications
recreational drugs
aspirin, Tylenol, Motrin, Advil, NSAIDS

Which best describes your actions over the past weeks?

- I feel unlimited energy when I exercise.
- Even during exercise, I lack focus and energy.
- I've been sleeping like a baby.
- I've had trouble falling asleep or wake up during the night.
- When I wake up, I feel great and rested.
- I have a hard time getting out of bed in the morning.
- I've been making decisions and solving problems easily.
- I've had difficulty making decisions or solving problems.
- My mood is always positive and I energize those around me.
- First I'm up, then I'm down, and little things can irritate me.