

PRESTIGE WELLNESS AND AESTHETICS HORMONE ASSESSMENT

Female Health Assessment

- Hot flashes
- Sweating (night sweats or increased episodes of sweating)
- Sleep problems (difficulty falling asleep, sleeping through the night or waking up too early)
- Depressive mood (feeling down, sad, on the verge of tears, lack of drive)
- Irritability (mood swings, feeling aggressive, angers easily)
- Anxiety (inner restlessness, feeling panicky, feeling nervous, inner tension)
- Physical exhaustion (general decrease in muscle strength or endurance, decrease in work performance, fatigue, lack of energy, stamina or motivation)
- Sexual problems (change in sexual desire, sexual activity, orgasm and/or satisfaction)
- Bladder problems (difficulty in urinating, increased need to urinate, incontinence)
- Vaginal symptoms (sensation of dryness or burning in vagina, difficulty with sexual intercourse)
- Joint and muscular symptoms (joint pain or swelling, muscle weakness, poor recovery after exercise)
- Difficulties with memory
- Problems with thinking, concentrating or reasoning
- Difficulty learning new things
- Trouble thinking of the right word to describe persons, places or things when speaking
- Increase in frequency or intensity of headaches or migraines
- Hair loss, thinning or change in texture of hair
- Feel cold all the time or have cold hands or feet
- Weight gain or difficulty losing weight despite diet and exercise
- Dry or wrinkled skin

CHECKING MORE THAN 5 OF THESE COULD INDICATE A NEED FOR HORMONE EVALUATION

PRESTIGE WELLNESS AND AESTHETICS HORMONE ASSESSMENT

Male Health Assessment

- Sweating (night sweats or increased episodes of sweating)
- Increased need for sleep or falling asleep after a meal
- Depressive mood (feeling down, sad, lack of drive)
- Sleep problems (difficulty falling asleep, sleeping through the night or waking up too early)
- Irritability (mood swings, feeling aggressive, angers easily)
- Anxiety (inner restlessness, feeling panicky, feeling nervous, inner tension)
- Physical exhaustion (general decrease in muscle strength or endurance, decrease in work performance, fatigue, lack of energy, stamina or motivation)
- Sexual problems (change in sexual desire or in sexual performance)
- Bladder problems (difficulty in urinating, increased need to urinate)
- Erectile changes (weaker erections, loss of morning erections)
- Joint and muscular symptoms (joint pain or swelling, muscle weakness, poor recovery after exercise)
- Difficulties with memory
- Problems with thinking, concentrating or reasoning
- Difficulty learning new things
- Trouble thinking of the right word to describe persons, places or things when speaking
- Increase in frequency or intensity of headaches or migraines
- Rapid hair loss or thinning
- Feel cold all the time or have cold hands or feet
- Weight gain, increased belly fat, or difficulty losing weight despite diet and exercise
- Infrequent or absent ejaculations

CHECKING MORE THAN 5 OF THESE COULD INDICATE A NEED FOR HORMONE EVALUATION