

## Men

You can take a free test below. This test can only indicate a possible hormonal disorder and help you better classify your symptoms and prepare for a doctor's appointment. Disclaimer: A hormonal imbalance can only be determined with certainty through a medical examination and diagnostics.

1. I am permanently tired
2. I feel severe physical exhaustion
3. My Efficiency decreases
4. I lack the desire to do anything
5. I feel like I can do less
6. My memory is fading
7. I recognized a weak memory
  
8. I can't concentrate as well at work as I used to do in the past
9. I suffer from sleep disorders
10. My sexual desire is decreasing
11. I'm observing a progressive increase in weight, especially accumulations of fat on the waist
12. I suffer from panic attacks, anxiety attacks
13. I suffer from joint/back pain
14. I suffer from muscle tension, muscle pain and stiffness
15. I suffer from shortness of breath during physical exertion
16. I have the feeling that my life energy is decreasing
17. I suffer from bouts of sadness
18. I'm tired of my life
19. I feel like I'm not worth that much anymore
20. I am increasingly avoiding responsibility
21. I sweat even without physical exertion

Depending on the intensity, please write down a number from 0 to 3 next to each symptom, as follows:

- 0 points : you do not suffer from this symptom
- 1 point. : rarely
- 2 points : frequently
- 3 points.: strongly

At the end, please add up the points to get a score that you compare with the score below:

0-17 points : no sure menopause problems yet.  
Treatment should be prophylactic given

18-34 points: treatment should be given

35- 51 points : urgent need for treatment