

Woman

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. My memory is fading
3. My sleep is disturbed
4. I recognized a weak memory
5. I can't concentrate at work anymore as I used to do
6. My efficiency decreases
7. I'm observing a progressive increase in weight, especially accumulations of fat on the waist
8. I suffer from panic attacks, anxiety attacks
9. I suffer from joint/back pain
10. I suffer from muscle tension, muscle pain and stiffness
11. I suffer from a headache
12. My sexual desire is decreasing
13. I have to go often during the night to the toilet
14. I suffer from dry skin and/or mucous membranes
15. I observe increasing hair loss
16. I suffer from shortness of breath during physical exertion
17. I suffer from palpitations and irregular heartbeat
18. I have the feeling that my life energy is decreasing
19. I suffer from episodes of sadness
20. I'm tired of my life
21. I feel like I'm not worth that much anymore
22. I am avoiding responsibility

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