



Nutritional & Environmental Medicine Qld

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Oestrogen Deficiency Questionnaire

Read each question carefully, and record the number next to a question if it applies to you. When you finish, add up the numbers you have recorded.

Do you have hot flashes?	4
Do you have night sweats?	4
Do you have vaginal dryness?	3
Do you have to pass urine more frequently than you used to?	2
Are you depressed?	2
Do you have difficulty sleeping?	3
Have you lost interest in sex?	2
Have your periods stopped?	4
TOTAL SCORE	_____

< 5 oestrogen deficiency unlikely

5-9 oestrogen deficiency possible

> 9 oestrogen deficiency very likely

www.drgregemerson.com

Health & Vitality Through Nutritional & Anti-Aging Medicine