

# *Dr. Samadi's Health & Wellness Institute*

## **BHRT Qualifying Quiz**

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|--|-----|----|
| 1. Do you feel moody or irritable?   | Yes | No |
| 2. Do you feel sad, tearful or depressed?  | Yes | No |
| 3. Do you have difficulty with your sleep?                                       | Yes | No |
| 4. Do you feel tired all the time?   | Yes | No |
| 5. Is it hard for you to lose weight or maintain your current weight?            | Yes | No |
| 6. Have you noticed any reduction in your libido?                                | Yes | No |
| 7. Do you feel you have “brain fog” or are more forgetful?                       | Yes | No |
| 8. Are you experiencing an increase in aches and pains or overall stiffness?     | Yes | No |
| 9. Have you experienced muscle loss or issues with maintaining your muscle mass? | Yes | No |
| 10. Have you experience rapid aging?   | Yes | No |
| 11. Have you experience bone loss?   | Yes | No |
| 12. Have you experienced thinning skin?  | Yes | No |

For Women:

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|--|-----|----|
| 1. Are you in menopause (no period for at least 12 months)?        | Yes | No |
| 2. Are you having irregular menstrual cycles or bleeding?          | Yes | No |
| 3. Are you going through the “changes”?                            | Yes | No |
| 4. Are you experiencing hot flashes or night sweats?               | Yes | No |
| 5. Have you noticed any decline in enjoying sex or having orgasms? | Yes | No |
| 6. Are you experiencing vaginal dryness or painful intercourse?    | Yes | No |
| 7. Are you having frequent UTIs or bladder infections?             | Yes | No |

For Men:

- |   |     |    |
|---|-----|----|
| 1. Are you having any problems with your erections?                         | Yes | No |
| 2. Have you noticed any decline in your sense of virility and decisiveness? | Yes | No |
| 3. Are you becoming excessively emotional and tearful?                      | Yes | No |

**Note:** Answering YES to 3 or more of these questions could indicate a possible hormonal imbalance. If so, BHRT hormones replacement and optimization could be the remedy.