



**Health Secrets USA**

24141 Ann Arbor Trail, Dearborn Heights, Michigan 48127

Tel: 313.561.6800 Fax: 313.561.6830

Email: office@healthsecretsusa.com Website: www.healthsecretsusa.com

**PASA - PERSONALIZED ANTI-AGING SELF ASSESSMENT**

Physician Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Your Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Female \_\_\_ Male \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist size: \_\_\_\_\_

Medication(s): \_\_\_\_\_

Smoke: Yes \_\_\_ No \_\_\_ Drink: Yes \_\_\_ No \_\_\_ Exercise: Yes \_\_\_ No \_\_\_

First Date of your Last Menstrual Period, if applicable: \_\_\_\_\_ Age of Menopause, if applicable: \_\_\_\_\_

Previous Surgery: Hysterectomy? Yes \_\_\_ NO \_\_\_ If Yes, date: \_\_\_\_\_ Ovary: Yes \_\_\_ No \_\_\_

Breast Cyst/Tumor: Yes \_\_\_ No \_\_\_ Prostate Problem: Yes \_\_\_ No \_\_\_

Blood Pressure Problem: Yes \_\_\_ No \_\_\_

- 1 Answer each of the following questions carefully & thoroughly.
- 2 Place a check mark in the BOX of each sign or symptom you have experienced in the past 3 months.
- 3 The greater number of check marks, the greater propensity of specific hormone imbalance.
- 4 You may mark more than one box of hormone imbalance.
- 5 It's recommended that you review the Executive Personalized Anti Aging Self Assessment and your personal Saliva Hormone Test results with your physician or professional health worker. This self assessment is not a diagnosis or treatment, it is intended for your information only.

**PROGESTERONE DEFICIENCY**

- |                          |  |                          |                              |
|--------------------------|--|--------------------------|------------------------------|
| <input type="checkbox"/> | Pre-menstrual syndrome                                       | <input type="checkbox"/> | Heart palpitation            |
| <input type="checkbox"/> | Anxiety / nervousness  | <input type="checkbox"/> | Bone loss / osteoporosis     |
| <input type="checkbox"/> | Irritable / moody  | <input type="checkbox"/> | Sleep difficulties           |
| <input type="checkbox"/> | Breast swelling / tenderness / fibrous cystic / lumpy breast | <input type="checkbox"/> | Polycystic ovaries           |
| <input type="checkbox"/> | Bloating / water retention                                   | <input type="checkbox"/> | Uterine fibroids             |
|                          |  | <input type="checkbox"/> | Excessive menstrual bleeding |

**PROGESTERONE EXCESS**

- |                          |   |                          |                    |
|--------------------------|---|--------------------------|--------------------|
| <input type="checkbox"/> | Anxious/can't sleep caused by progesterone supplementation        | <input type="checkbox"/> | Too drowsy all day |
| <input type="checkbox"/> | Hot flashes and depression caused by progesterone supplementation | <input type="checkbox"/> | Dizziness          |
| <input type="checkbox"/> | Bloating / water retention caused by progesterone supplementation | <input type="checkbox"/> | Feeling drunk      |

**ESTROGEN DEFICIENCY**

- |                          |                |                          |                 |
|--------------------------|----------------|--------------------------|-----------------|
| <input type="checkbox"/> | Sagging breast | <input type="checkbox"/> | Night sweats    |
| <input type="checkbox"/> | Lack of libido | <input type="checkbox"/> | Memory problems |

- Vaginal dryness / shrinking
- Urinary incontinence / infection
- Hot flashes

- Fuzzy thinking
- Lack of menstruation

**ESTROGEN EXCESS**

- Water retention & Bloating
- Moody / unpredictable
- Anxiety / Fear
- Breast swollen / tender
- Severe headaches

- Excess menstrual bleeding
- Enlarged men breast
- Prostate enlargement
- Difficulty urinating

(Men Only)

**HUMAN GROWTH / IGF-1 DEFICIENCY**

- Fat waist & hip
- Loss of muscle
- Loss of strength
- Increase fatigue
- Bone & joint pain

- Lack of libido
- No sexual interest
- Anti-social
- Bone loss-osteoporosis
- Skin aging / thin / wrinkles

**HUMAN GROWTH / IGF-1 EXCESS**

- Carpal tunnel syndrome
- Sudden Arthritis pain
- Water retention

- High blood pressure
- Prostate pain / enlargement

**DHEA DEFICIENCY**

- Feeling depressed
- Difficulty with stress
- Lack of stamina
- Low sex drive
- Fatigue
- Moody
- Decreased immunity

- Loss of memory
- Loss of abdominal muscle
- Fat hips & waist
- Dry eyes
- Osteoporosis
- Bone, joint, muscle pain
- Abnormal blood sugar

**DHEA EXCESS**

- Facial Hair
- Severe oily skin
- Severe acne & pimple

- Bossy
- Impatient
- Irritable

**PREGNENOLONE DEFICIENCY**

- Loss of short term memory
- Fuzzy thinking
- Depressed

- Loss of color brightness
- Pessimistic

**PREGNENOLONE EXCESS**

- Edginess

- Uptight

**TESTOSTERONE DEFICIENCY**

  
  
  
  
  
  

Flabby & weak muscle tone  
Loss of muscle mass  
Lack of energy & stamina  
Loss of coordination & balance  
Loss of confidence  
Mental fatigue  
Memory loss

  
  
  
  
  
  

Loss of sex drive & interest  
Decreased libido  
Poor hunched posture  
Lack of orgasm  
Thinning skin  
Shrinking sexual organs  
Soft erection

**TESTOSTERONE EXCESS**

  
  

Too aggressive & pushy  
Too bossy  
Facial skin very oily

  
  

Recent pimples  
Increase in facial hair  
Over Confident

**THYROID DEFICIENCY**

  
  
  

Excessive coldness of hands & feet  
Morning fatigue  
Stiff / painful joints AM  
Thinning skin

  
  
  
  

Goiter - enlarged neck  
Gaining Weight  
Dry skin and dry hair  
Loss of hair and thinning eye brow  
Wake up puffy face and eye lids

**THYROID EXCESS**

  

Nervous & anxious  
Unintentional weight loss  
Heartbeat hard & fast

  
  

Hot & intense sweating  
Increase thirst & appetite  
Shaky hands & fingers

**CORTISOL DEFICIENCY**

  
  
  

Low blood pressure  
Low blood sugar  
Slow heartbeat  
Severe fatigue

  
  
  

Sugar Craving  
Stressed  
From sitting to stand up - Lightheaded  
Craving salt

**CORTISOL EXCESS**

  
  
  
  
  

High blood pressure  
Thinning skin  
Loss of muscle mass  
Anxious, irritable & nervous  
Weight gain around waist  
Stress

  
  
  
  

Sugar craving  
Hair Loss  
Frequent colds/flu  
Arthritis & muscle pain  
High blood sugar

