

Name \_\_\_\_\_ Date \_\_\_\_\_

## Growth Hormone Deficiency

### SIGNS, SYMPTOMS AND ASSOCIATIONS OF GROWTH HORMONE DEFICIENCY

(Circle any symptoms you have)

Permanent fatigue	Easy exhaustion when physically busy	Poor resistance to stress
Depression	Low resistance when staying up after midnight	Low self esteem
Sense of powerlessness	Poor sociability	Anxiety
Complacency	Emotional instability	Grumpy
Sagging cheeks	Wrinkled face	Pouches under the eyes
Loose skin folds under the chin	Drooping triceps	Floppy belly
Poor muscle tone	Wrinkled hands	Fatty cushions above the knees
Thinned skin or sagging skin	Obesity	Thin hair
Thin lips	Receding gum line	Trouble losing weight
Age over 40	Can't gain muscle with exercise	Feel old