

## ADAM Questionnaire

If you have concerns about “Andropause” and that your testosterone levels may be low, this set of ten simple questions is a good place to start.

**Circle YES or NO to each of the following questions:**

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|--|-----|----|
| 1. Do you have a decrease in libido (sex drive)?                           | Yes | No |
| 2. Do you have a lack of energy?   | Yes | No |
| 3. Do you have a decrease in strength and/or endurance?                    | Yes | No |
| 4. Have you lost height?   | Yes | No |
| 5. Have you noticed a decreased “enjoyment of life?”                       | Yes | No |
| 6. Are you sad and/or grumpy?  | Yes | No |
| 7. Are your erections less strong?   | Yes | No |
| 8. Have you noticed a recent deterioration in your ability to play sports? | Yes | No |
| 9. Are you falling asleep after dinner?                                    | Yes | No |
| 10. Has there been a recent deterioration in your work performance?        | Yes | No |

If you answered YES to questions 1 or 7 or any 3 other questions, you may be experiencing androgen deficiency (low testosterone levels) and follow up testing may be useful.