

**ADAM questionnaire about symptoms of low testosterone
(Androgen Deficiency in the Aging Male)**

This basic questionnaire can be very useful for men to describe the kind and severity of their low testosterone symptoms.

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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 Answer Yes to number 1 or 7 or if you answer Yes to more than 3 questions, you may have low Testosterone.