

## How do I Know if I am Experiencing the Symptoms of Low Testosterone?

The Androgen Deficiency in Aging Males (ADAM) questionnaire can help determine if you are experiencing symptoms associated with Low Testosterone (Low T).

### *Questionnaire*

- Yes  No 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 in life?
- Yes  No 6. Are you sad and/or grumpy?
- Yes  No 7. Are your erections less strong?
- Yes  No 8. Have you noted 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 **Did you answer YES to either question 1 OR 7?**

Yes  No **Did you answer YES to at least three questions?**

If you answered yes to questions 1 OR 7, or answered yes to any three questions, you may be suffering from Low T. Share your results with your doctor and ask about a simple blood test that can help better diagnose Low T and treatment options.