

# ANDROGEN DEFICIENCY IN THE AGING MALE

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## ADAM questionnaire about symptoms of low testosterone

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

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 you 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 number 1 or 7, or if you answer “YES” to more than 3 questions, you have Low Testosterone.