



## ADAM Questionnaire for Men

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

**Check YES or NO for each of the following questions:**

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.