

NANCY E. BOYDEN, ARNP

Name: _____ Date: _____

ADAM, Androgen Deficiency in Aging Men
Do You Have Low Testosterone

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| 1. Do you have a decreased 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. During sexual intercourse, has it been more difficult to maintain your erection to completion of intercourse? | 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 have answered yes to question 1 or 7, or at least three of the other questions you may have low testosterone levels. Fortunately there is something your doctor/practitioner can do to help.
Be sure to discuss the results of this quiz with your doctor/practitioner.