

Male Hormone Symptoms Score Test



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NAME: _____ DATE: _____

Could it be Low Testosterone?

More than 4 million men may suffer from low testosterone, but only 5 percent are currently treated. Low testosterone can adversely affect a man's health and well-being.*

If you answer yes to question 1 or 7, or at least three of the other questions you may have low testosterone. Fortunately, there is something you and your doctor can do to help. Be sure to discuss the results of this quiz with your doctor.

Choose the responses below that best describe how you have been feeling.

- | | | |
|--|------------------------------|-----------------------------|
| 1. Do you have a decrease in libido (sex drive)? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do you have a lack of energy? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do you have a decrease in strength and/or endurance? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Have you lost height? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Have you noticed a decreased "enjoyment of life"? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Are you sad and/or grumpy? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Are your erections less strong? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Have you noticed a recent deterioration in your ability to play sports? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. Are you falling asleep after dinner? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. Has there been deterioration in your work performance? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

*U.S. Food and Drug Administration Updates. Skin patch replaces testosterone.
Food and Drug Administration web site. Available at www.verify.fda.gov/search97cgi

Source: Saint Louis University Androgen Deficiency in Aging Men (ADAM) Questionnaire.
John Morley, M.D., Saint Louis University School of Medicine, June 1997.

Also available at www.tquiz.com