

# Self Assessment for Low Testosterone

The Androgen Deficiency in Aging Males (ADAM\*) questionnaire has been shown to be effective for screening clients that may have low testosterone. This may help you decide whether or not to see someone about a possible testosterone deficiency. Only the doctor can confirm a diagnosis.

To help diagnose testosterone deficiency, a simple blood test will be performed. If the level of testosterone in your blood is low and you show symptoms of testosterone deficiency, your doctor may discuss various treatment options.

If you answer yes to #1, #7, or any three of the other questions, you may have symptoms associated with low testosterone.

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. Is it difficult to keep 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

\*ADAM questionnaire adapted from: Morley JE et al. Validation of a screening questionnaire for androgen deficiency in aging males. *Metabolism*. 2000;49:1239-1242.

At 1513 we aim to provide a professional but relaxed environment for the evaluation and treatment of low testosterone. We want to make the experience as easy and convenient as possible. We evaluate you, the patient, as a whole. We are not just treating lab values. Our initial evaluation includes a medical history, complete physical, and extensive lab panel to rule out other possible causes of the symptoms you are experiencing. Visit our FAQs page to learn more. Find out if hormone replacement therapy is right for you. Call (706) 221-4848 to schedule your appointment today.