

**ADAM questionnaire about symptoms of low testosterone  
(Androgen Deficiency in the Aging Male)**

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

Answer YES or NO to each of the following questions:		Yes	No
1.	Do you have a decrease in libido (sex drive)?		
2.	Do you have a lack of energy?		
3.	Do you have a decrease in strength and/or endurance?		
4.	Have you lost height?		
5.	Have you noticed a decreased "enjoyment of life?"		
6.	Are you sad and/or grumpy?		
7.	Are your erections less strong?		
8.	Have you noticed a recent deterioration in your ability to play sports?		
9.	Are you falling asleep after dinner?		
10.	Has there been a recent deterioration in your work performance?		

If you answer Yes to number 1 or 7 or if you answer Yes to more than 3 questions, you may have low Testosterone