

Vitruvian Man

Private Testosterone Services

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.

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

Scoring is positive for testosterone deficiency if answered yes on questions 1 and 2 or any 4 positive answers.

Vitruvian Man - Squaring the circle of men's health

www.vitruvianman.org.uk