

.

**ADAM Questionnaire**

This ADAM (Androgen Deficiency in the Aging Male) Questionnaire is about symptoms of low testosterone.

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

|  |  |
| --- | --- |
| 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. Have you noticed a recent deterioration in your ability to play sports? | 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 Answer Yes to numbers 1 or 7, or if you answer Yes to more than 3 questions, you may have low Testosterone.

Call us today with your score, and we’ll be more than happy to help you on your journey to reclaiming your Masculine Power. With our expert assistance, we’ll have you feeling your best again.