

# THE **EDGE** FOR MEN

## ADAM Questionnaire – Symptoms of Low Testosterone

This basic questionnaire is useful to determine the degree and severity of low testosterone symptoms.

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|---|---|---|
| 1. Do you have a decreased libido (sex drive)?  | Y | N |
| 2. Do you have a lack of energy?  | Y | N |
| 3. Do you have a decrease in strength and/or endurance?                               | Y | N |
| 4. Have you lost height?  | Y | N |
| 5. Have you noticed a decreased “enjoyment of life”?                                  | Y | N |
| 6. Are you sad and/or grumpy?   | Y | N |
| 7. Are your erections less hard?  | Y | N |
| 8. Have you noticed a recent or ongoing deterioration in your ability to play sports? | Y | N |
| 9. Are you falling asleep after dinner?   | Y | N |
| 10. Has there been a recent deterioration in your work performance?                   | Y | N |

If you answered **Yes** to numbers 1 or 7, or if you answer **Yes** to more than 3 questions, you may have low Testosterone.