

TAKE THE FIRST STEP . . . COMPLETE THE ADAM QUESTIONNAIRE

Answer the following questions to see if you should consider talking to your doctor about your testosterone level.

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 noted 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 answered “Yes” to question 1 or 7, or if you answered “Yes” to any 3 questions in total, you may wish to talk to your doctor about having a blood test to determine your testosterone level. Take this questionnaire to your doctor to help start the discussion.

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

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