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## THE ADAM QUESTIONNAIRE

The **ADAM (Androgen Deficiency in the Aging Male) Questionnaire** is an internationally accredited assessment tool that provides a fast way to find out if you have signs and symptoms related to low testosterone. This tool also guides your physician if you also need your testosterone level checked. Simply select which of the listed signs and/or symptoms below that you have been currently experiencing.

Answer YES <u>or</u> NO to each of the following questions:		YES	NO
1	<b>Do you have a decreased in sexual drive (libido)?</b>		
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	<b>Are your erections less strong (erectile dysfunction)?</b>		
8	Have you noticed a recent deterioration in your ability to exercise or play sports?		
9	Are you falling asleep after a meal?		
10	Has there been a recent deterioration in your work performance?		

If you answered YES to questions 1 or 7 or any 3 other questions, you may be experiencing androgen deficiency (low testosterone level).