

**ADAM Questionnaire**  
(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.

Answer YES or NO to each of the following questions:		Yes	No
	Do you have a decrease in libido (sex drive)?		
	Do you have a lack of energy?		
	Do you have a decrease in strength and/or endurance?		
	Have you lost height?		
	Have you noticed a decreased "enjoyment of life?"		
	Are you sad and/or grumpy?		
	Are your erections less strong?		
	Have you noticed a recent deterioration in your ability to play sports?		
	Are you falling asleep after dinner?		
	Has there been a recent deterioration in your work performance?		

If you answer Yes to number 1 or 7 or if you answer Yes to more than 3 questions, you may have low testosterone and should consider scheduling an appointment to discuss this with our Elite Men's Health provider.