

## Stronger with... Dr. Elizabeth Donathan, LLC

### ADAM (Androgen Deficiency in the Aging Male) Questionnaire

This basic questionnaire can be very useful for men to describe the type or severity of their low testosterone symptoms. If you answer Yes to number 1 or 7 or if you answer Yes to more than 3 questions, you may have low Testosterone.

Answer YES or NO to each of the following questions:

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 noticed 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?

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_