

## Fill Out the ADAM Questionnaire

If you're wondering what your symptoms may mean, you can fill out the ADAM questionnaire. It was developed by a physician and is used extensively by healthcare providers to help identify men who may have low testosterone. However, in order to confirm that you have Low T, your doctor will perform a blood test to determine if your testosterone levels are within an acceptable range.

Remember, only your healthcare provider can determine if your symptoms really add up to Low T.

1. Have you had a decrease in libido (sex drive)?  Yes  No
2. Have you had a lack of energy?  Yes  No
3. Do you have a decrease in strength and/or endurance?  Yes  No
4. Have you lost height?  Yes  No
5. Have you noticed a decreased "enjoyment of life?"  Yes  No
6. Are you sad and/or grumpy?  Yes  No
7. Are your erections less strong?  Yes  No
8. Have you noticed a recent deterioration in your ability to play sports?  Yes  No
9. Are you falling asleep after dinner?  Yes  No
10. Has there been a recent deterioration in your work performance?  Yes  No

If you answered yes to questions 1 or 7 or any 3 other questions, you may have low testosterone. A simple blood test can determine your testosterone level. Talk with your doctor.

**The good news is low testosterone or hypogonadism is easily treatable.**

**Dr Gary Bellman has an interest in this subject and extensive experience in this area.**

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