

Androgen deficiency in the ageing Male questionnaire (ADAM)

The following questions will help you determine if you have a Testosterone or Androgen deficiency disorder. If you are concerned that your testosterone level is low, this set of ten simple questions is a good place to start.

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

Please review the list below and tick the most appropriate answer		
	Yes	No
Do you have a decrease in libido (sex drive)	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost height	<input type="checkbox"/>	<input type="checkbox"/>
Felling tired and stressed	<input type="checkbox"/>	<input type="checkbox"/>
Lost scalp hair	<input type="checkbox"/>	<input type="checkbox"/>
Lost muscle mass and tone	<input type="checkbox"/>	<input type="checkbox"/>
Lacking strength and endurance	<input type="checkbox"/>	<input type="checkbox"/>
Lacking stamina	<input type="checkbox"/>	<input type="checkbox"/>
Lost enjoyment in life	<input type="checkbox"/>	<input type="checkbox"/>
Felling sad and grumpy	<input type="checkbox"/>	<input type="checkbox"/>
Poor erections	<input type="checkbox"/>	<input type="checkbox"/>
Developing a belly or midriff weight gain	<input type="checkbox"/>	<input type="checkbox"/>
Not functioning optimally at work	<input type="checkbox"/>	<input type="checkbox"/>
Poor memory and focus	<input type="checkbox"/>	<input type="checkbox"/>
Premature ejaculations	<input type="checkbox"/>	<input type="checkbox"/>

Adapted from Morley, et al. Validation of a screening questionnaire for androgen deficiency in aging males. *Metabolism*. 2000;49(9):1239-1

Consult with your health care practitioner for assessment and treatment options.

Consider Male hormone testing to establish the balance of androgens and its relation to estrogens.

Test considerations: Male hormones can be tested in a saliva, urine or blood sample. Analytes that can be measured may include:

DHEAs, E2, E1, SHBG, Testosterone, calculated free Testosterone, Estradiol, Estrone, Estriol, 2OHE1, 16-OHE1; Pregnanediol, Allopregnanolone; Testosterone, Epi-Testosterone, 5-DHT, Androstenedione, DHEA, 5a3-Androstenediol; TotalCortisol, TotalCortisone, Tetrahydrocortisol, Tetrahydrocortisone