

Could It Be *Low Testosterone?*

More than 4 million men may suffer from low testosterone, but only 5 percent are currently treated. Low testosterone can adversely affect a man's health and well-being.*



If you answer yes to question 1 or 7, or at least three of the other questions you may have low testosterone. Fortunately, there is something you and your doctor can do to help. Be sure to discuss the results of this quiz with your doctor.

Choose the responses below that best describe how you have been feeling.

- 1 Do you have a decrease in libido (sex drive)? YES NO
- 2 Do you have 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

* U.S. Food and Drug Administration Updates. Skin patch replaces testosterone. Food and Drug Administration web site. Available at <http://www.verify.fda.gov/search97cgi>

Source: Saint Louis University Androgen Deficiency in Aging Men (ADAM) Questionnaire. John Morley, M.D., Saint Louis University School of Medicine, June 1997.

Also available at www.tquiz.com