

Professional Arts Pharmacy

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THE ADAM QUESTIONNAIRE

(Androgen Deficiency in the Aging Male)

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

Answering yes to questions 1 or 7, or any other 3 questions indicates a likelihood of having a low testosterone level.

One final question:

When was the last time you woke up in the morning with an erection?

Because testosterone levels in men are highest in the morning, this is also an indication of testosterone level.

Please consult our pharmacists for more information.