

# Androgen Deficiency in the Aging Male (ADAM) Questionnaire<sup>1</sup>

The Androgen Deficiency in the Aging Male (ADAM) questionnaire is a fast way to find out if you have symptoms or signs that may be related to low testosterone. Simply select which of the listed symptoms and/or signs below that you have been experiencing.

To ensure you get proper medical care of your condition, it is important that you answer the questions honestly.

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



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## Scoring of the ADAM Questionnaire:

If the patient answered YES to questions 1 or 7, or any 3 other questions, he has symptoms and/or signs that may be related to testosterone deficiency (also known as hypogonadism or low testosterone).

According to clinical guidelines<sup>2-8</sup>, this patient should have testosterone levels checked by blood test. A combination of symptoms and/or signs and a low testosterone level (total or free testosterone) constitutes the diagnosis of hypogonadism.<sup>2-8</sup>

## References

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7. Morales A, Bebb RA, Manjoo P, et al. Diagnosis and management of testosterone deficiency syndrome in men: clinical practice guideline. *CMAJ*. Dec 8 2015;187(18):1369-1377.
8. Khera M, Adaikan G, Buvat J, et al. Diagnosis and Treatment of Testosterone Deficiency: Recommendations From the Fourth International Consultation for Sexual Medicine (ICSM 2015). *The journal of sexual medicine*. Dec 2016;13(12):1787-1804.



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