If you have concerns about “Andropause” or that your testosterone levels may be low, this set of ten simple questions is a good place to start.

Check YES or NO for each of the following questions:

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 □

If you answered YES to questions 1 or 7 or any 3 other questions, you may be experiencing androgen deficiency (low testosterone levels) and follow up testing may be useful.