

At Risk? Take the Quiz

To see if you are at risk for low testosterone, answer “yes” or “no” to the following questions. If you answer “yes” to question 1 or 7, or at least three of the other questions, you may have low testosterone. Be sure to discuss the results of this quiz with your health care provider.



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

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

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



Want to Learn More?

For more information on these and other health problems that affect men, see a health care provider and visit:

Men's Health Resource Center
www.menshealthresourcecenter.com
Men's Health Library
www.menshealthlibrary.com
Men's Health Network
www.menshealthnetwork.org

Men's Health Network
 P.O. Box 75972
 Washington, DC 20013
 202-543-MHN-1
info@menshealthnetwork.org
www.menshealthnetwork.org

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WHAT MEN SHOULD KNOW ABOUT LOW TESTOSTERONE



Please Note: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

MHN Men's Health Network™
www.menshealthnetwork.org



Symptoms of Low Testosterone (Low T)

As men get older, the ability to produce testosterone declines. This decrease in testosterone production is sometimes referred to as andropause or “male menopause.” If testosterone levels fall below the normal range some typical symptoms may include:

- Low sex drive
- Erectile Dysfunction (ED)
- Increased irritability or depression
- Fatigue
- Reduced muscle mass and strength
- Decreased bone density; osteoporosis

In addition to age-related low testosterone, there are certain medical conditions that can cause low testosterone. These medical conditions can begin in youth or in adulthood, and can affect testosterone levels throughout a man’s life. Some of these conditions are associated with the testicles,

pituitary gland and/or hypothalamus (a part of the brain that controls many of the body’s glands). Occasionally, the problem can be genetic.

In younger men, Low T production may reduce the development of body and facial hair. Muscle mass and genitals may not develop normally, and younger men’s voices may fail to deepen.

Be Sure to get Screened

If you experience symptoms associated with Low T, you may want to ask your health care provider about getting your testosterone levels checked. Your primary care provider can check your testosterone levels with a simple blood test and treat you if you have low testosterone. You might also ask your primary care provider about a referral to an endocrinologist or urologist who specializes in treating conditions such as low testosterone.

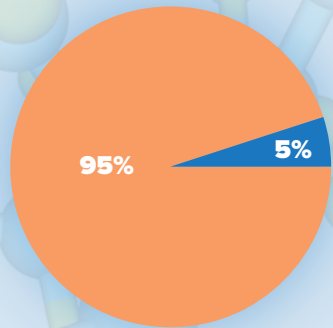
Regular checkups and age-appropriate screenings can improve your health and extend your life. Consider adding regular screening for low testosterone to other screenings as part of your checkup.



What is Testosterone?

In the male body, testosterone is the most important sex hormone. Testosterone is responsible for development of male characteristics such as body and facial hair, muscle growth and strength, and a deep voice. Normal levels of testosterone also influence the production of sperm, promote sexual function and promote sex drive.

We now know that some men’s bodies do not make enough testosterone. These men may experience uncomfortable and sometimes distressing symptoms. Researchers estimate that low testosterone (hypogonadism) affects from 2 to 6 million men in the U.S. with only 5% receiving treatment.*



UNTREATED

TREATED

If You Have Low Testosterone (Low T)

If you have Low T, the good news is that the condition is treatable. There are several FDA-approved testosterone replacement therapies:

- Different gels are applied on the skin. Depending on the gel, it may be applied by hand, pump or applicator.
- Most injections are administered every 1-2 weeks but some are effective for up to 10 weeks.
- Skin patches are applied to the back, abdomen, upper arm or thigh.
- Pellets are implanted under the skin by a physician.
- Mouth patches — small, putty-like substances — are placed where your gum meets your lip.

Talk to your health care provider about which option may be best for you.

*Harvard Medical School, Harvard Health Publications, *Prostate Knowledge*, Originally published June 2009; last reviewed February 22, 2011.