

## MALE HORMONE HEALTH QUESTIONNAIRE

### Circle Your Choices

1. Are you overweight and adding a layer of fat around your waist?
2. Are your breasts becoming bigger?
3. Are you experiencing more joint stiffness?
4. Are your muscles less flexible and exercise recovery prolonged?
5. Are you experiencing decreasing muscle strength?
6. Is the quality of your sleeping worsening?
7. Is your libido decreasing?
8. Is the quality of your erections or spontaneous morning erections worsening?
9. Is the quality of your orgasm weaker?
10. Is sex less satisfying?
11. Are you showing signs of premature aging?
12. Do you have reduced desire for exercise?
13. Is your drive or productivity at work reduced?
14. Are you easily annoyed?
15. Does your spouse complain that you are grumpy or irritable?
16. Are you more resentful or hostile?
17. Is your thinking not as sharp?
18. Are you more forgetful and have difficulty with word search?
19. Are you less enthusiastic about home activities and projects?
20. Are you less self-confident?
21. Are you less happy than you used to be?
22. Are you less optimistic about the future?
23. Are you drinking more alcohol than in the past?

If you circled more than 10 of the above, it is highly likely you are testosterone deficient.