

St. Louis A.D.A.M. Questionnaire:

1 and 2 or any 4 answered as 'yes' identifies testosterone deficiency

- _____ 1. Decrease in sex drive**
- _____ 2. Erections less strong**
- _____ 3. Lack of energy**
- _____ 4. Decrease in strength or endurance**
- _____ 5. Lost height**
- _____ 6. Decreased 'enjoyment of life'**
- _____ 7. Sad and/or grumpy**
- _____ 8. Deterioration in sports ability**
- _____ 9. Falling asleep after dinner**
- _____ 10. Decreased work performance**

Risks of Low Testosterone:

Until recently, few men in the United States elected testosterone replacement because of the fear of prostate cancer. In Europe, testosterone replacement is much more common. Recent studies imply that U.S. men are misinformed. Rather, the medical literature documents that low levels of testosterone are directly correlated to:

- heart disease and myocardial infarction
- strokes and cardiovascular disease
- prostate cancer (yes, low levels = higher risk)
- senile dementia
- osteoporosis and hip fracture