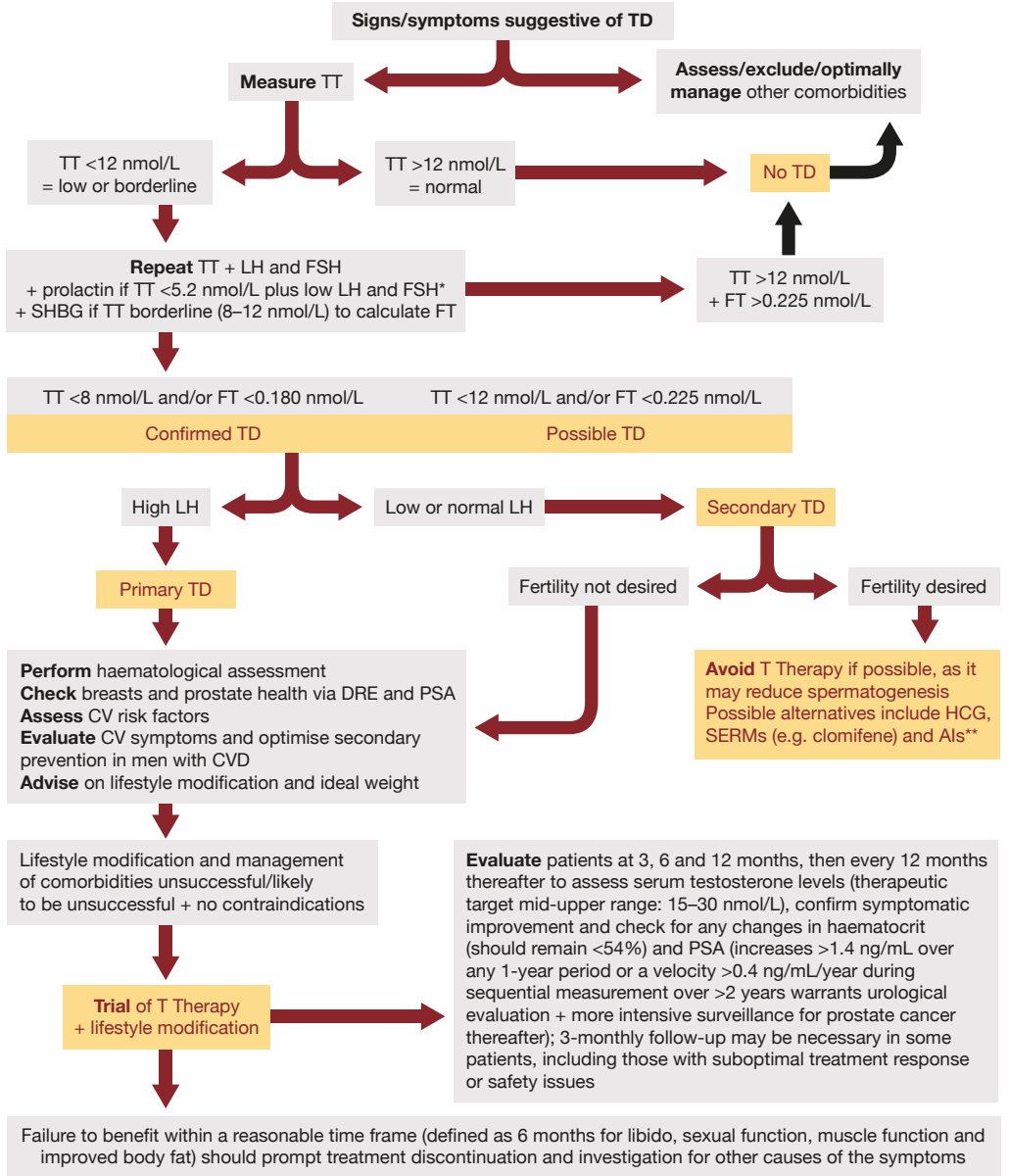


Androgen Deficiency in the Aging Male (ADAM) Questionnaire Pad¹



Provided by Bayer

Diagnosing and managing testosterone deficiency (TD) in adult men



Interpreting the ADAM score

An answer of “yes” to question 1 or 7, or to three or more of the other questions is a positive result

British Society for Sexual Medicine (BSSM). A Practical Guide On The Assessment and Management of Testosterone Deficiency in Adult Men, 2018. Reproduced with permission from the BSSM. Adapted from Minhas and Mulhall, 2017.

AI – aromatase inhibitor, CV – cardiovascular, CVD – cardiovascular disease, FSH – follicle-stimulating hormone, FT – free testosterone, HCG – human chorionic gonadotropin, LH – luteinising hormone, MRI – magnetic resonance imaging, PSA – prostate-specific antigen, SERM – selective oestrogen receptor modulator, SHBG – sex hormone-binding globulin, T Therapy – testosterone therapy, TT – total testosterone.

*For men with TT levels <5.2 nmol/L plus low LH and FSH or increased prolactin levels, refer to endocrinology or arrange a pituitary MRI scan to exclude a pituitary adenoma.²³⁴

**These drugs should not be used if pituitary function is compromised. SERMs and AIs are not currently licensed for TD.

ADAM Questionnaire¹

Your answers to the following questionnaire will help to identify whether you have the features of Testosterone Deficiency (TD).

Please 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"/> |



References

1. Morley JE *et al.* *Metabolism* 2000; **49**:1239–1242
2. Khera M *et al.* Diagnosis and Treatment of Testosterone Deficiency: Recommendations from the Fourth International Consultation for Sexual Medicine (ICSM 2015). *J Sex Med* 2016;**13**:1787-804.
14. Bhasin S *et al.* Task Force, Endocrine Society. Testosterone therapy in men with androgen deficiency syndromes: An Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab* 2010;**95**:2536-59.



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