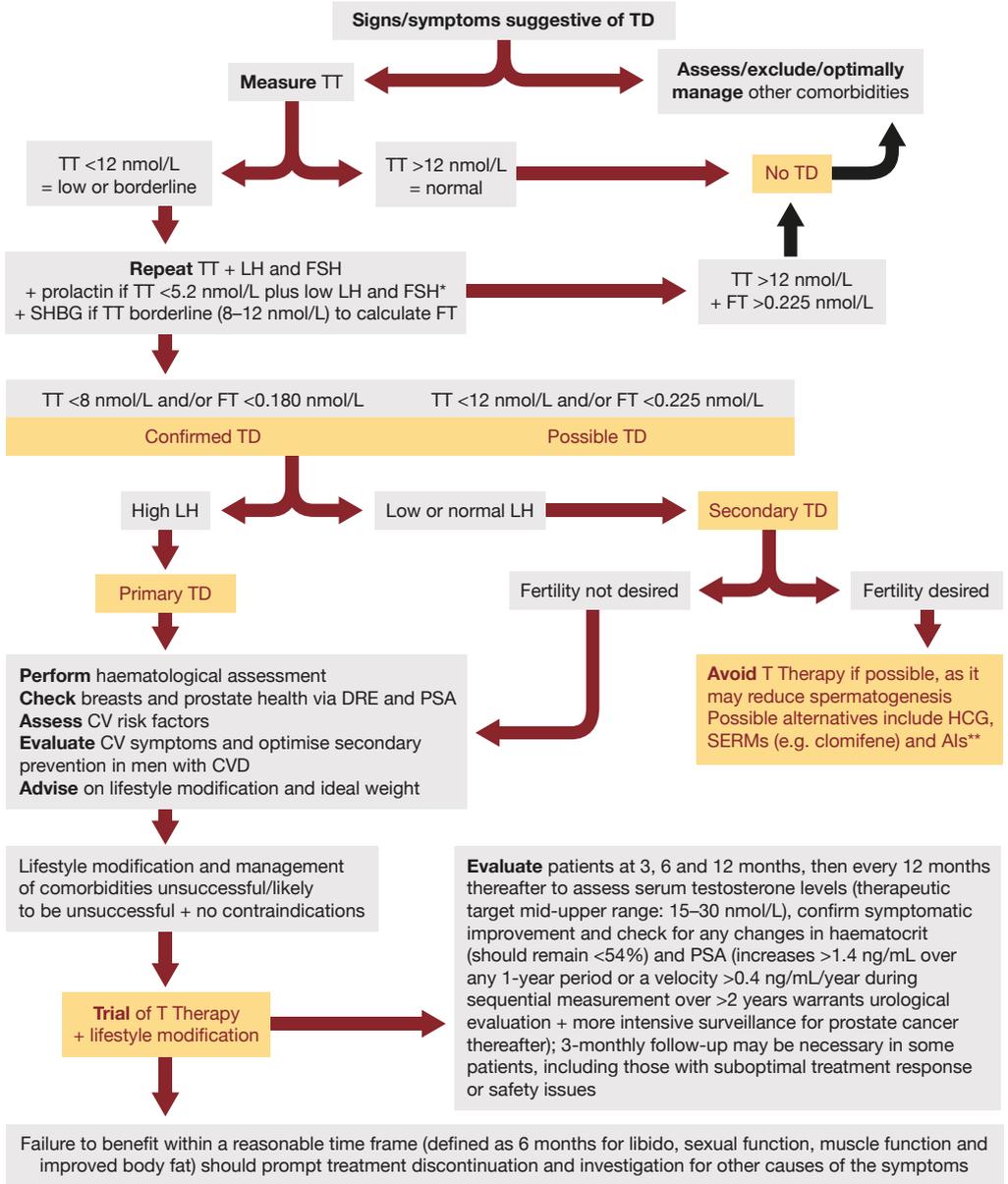


Androgen Deficiency in the Aging Male (ADAM) Questionnaire Pad¹



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

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.²⁴⁴

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

ADAM Questionnaire

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



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Date of preparation: February 2018
UKNEB0118005