

Not feeling yourself? Not sure why?

**LETHARGIC?
DEPRESSED?
LOW LIBIDO?
LACK CONCENTRATION?**



These are some of the symptoms associated with Androgen Deficiency.¹

If you feel like this and you are over 40, talk to your doctor today.

The Androgen* Deficiency in the Ageing Male (ADAM) Questionnaire® will help you detect whether you may have symptoms from low testosterone levels.⁷

Getting diagnosed

A good way to find out your testosterone status is to fill out the following ADAM Questionnaire.⁷ Take it to discuss with your GP and find out whether you should have a testosterone test. Then you'll know whether treatment is needed.

What can I do if I have Androgen Deficiency?

There are different treatments available including topical gels, tablets, intramuscular injections, patches, creams and solutions.¹

Discuss your options with your doctor to find the treatment that is right for you.

What can I expect from my treatment?

Depending on which type of treatment you choose, you can expect to see some symptoms improve within the first month. Other symptoms may take longer to improve.⁸

Your doctor will monitor your progress to ensure you are receiving the right treatment and dose, so make sure you continue to visit your doctor regularly.⁸

*Androgens are male sex hormones. The most important androgen is testosterone.

What is testosterone?

Testosterone is a hormone made in the body that is essential for developing and maintaining characteristics in men like:²⁻⁵

- Sex drive & sexual function
- Muscle mass & strength
- Bone strength
- Mood & energy levels

What happens if my testosterone level drops?

It's normal for your body to make less testosterone as you age. But when testosterone levels fall below the normal range, it can lead to some unwanted symptoms. This condition is known as Androgen Deficiency.⁶

What does it mean for my everyday life?

Men with Androgen Deficiency may have the following symptoms:

- Reduced sex drive¹
- Sexual dysfunction (problems with erection)¹
- Less muscle mass, weaker bones & increased body fat¹
- Depressed mood & low satisfaction with life¹
- Decreased energy, motivation, initiative & self-confidence¹

Who experiences Androgen Deficiency?

Androgen Deficiency is more common than you might think:

- It affects about one in 200 men under 60 years of age.⁶
- About one in 10 older men may have testosterone levels lower than those in young men. This can sometimes be linked with chronic illness and obesity.⁶
- It is likely that Androgen Deficiency is under-diagnosed and that many men are missing out on the benefits of treatment.⁶

ADAM QUESTIONNAIRE⁷

**Which of the following symptoms apply to you right now?
Mark the appropriate box for each symptom.**

1. Do you have a decrease in libido (sex drive)?
 Yes No
2. Do you have a lack of energy?
 Yes No
3. Do you have a decrease in strength and/or endurance?
 Yes No
4. Have you lost height?
 Yes No
5. Have you noticed a decreased "enjoyment of life"?
 Yes No
6. Are you sad and/or grumpy?
 Yes No
7. Are your erections less strong?
 Yes No
8. Have you lost some of your ability to play sport?
 Yes No
9. Are you falling asleep after dinner?
 Yes No
10. Has your work performance deteriorated?
 Yes No

If you answer YES to questions 1 or 7,
or YES to any 3 questions
you may have Androgen Deficiency
and should visit your doctor.



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