

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

*Quick Reference for Males Only: Testosterone and Health Changes Questionnaire*

Mental Changes:

Symptoms: Rate symptoms on a scale of 0 - 5 for absence or severity

- Pervasive sense of fatigue, wake up tired, "Brain fog"
- Feeling depressed or negative
- Feeling stressed or "burned out"
- Feeling Irritable or angry more often
- Anxiety or increased nervousness or "panic attacks"
- Forgetful, poor memory
- Unable to concentrate or maintain focus
- Decreased assertiveness
- Loss of motivation or initiative to start new projects, hobbies
- Becoming a "Couch potato"
- Feeling that work, relationships, past pleasures have lost significance
  
- Total Score

Sexual Function:

Symptoms: Rate symptoms on a scale of 0 - 5 for absence or severity

- Decreased Early Morning Erections
- Diminished Libido
- Difficulty achieving an erection
- Decreased fullness or turgidity
- Decreased ability to maintain full erection after penetration
- Diminished strength of orgasm
- Decreased volume of ejaculate
- Reduced of sensation of the penis
- Premature ejaculation \_\_\_\_ recent \_\_\_\_ long term
- Length of time in years since first changes noted
- Response to Viagra, Levitra or Cialis
- Use of other methods (pump, injections)
  
- Total Score

Physical Changes:

Symptoms: Rate symptoms on a scale of 0 - 5 for absence or severity

- Feeling sore all over, aches in muscles or joints
- Frequent neck or back pains
- Decreased strength or stamina
- Decrease in muscle size, fullness, tone, increased "flabbiness"
- Increased stiffness or decreased flexibility, mobility
- Harder to recover from heavy exercise or workout
- Diminished effects from workouts – strength, tone, muscle
- Increased tendency fro strains, pulled muscles
- Shortness of breath at lower levels of exertion
- Lack of competitive drive in sports
  
- Total Score

## Health Changes

Answer yes (+) or no (-)

### Urologic Problems

- Enlarged prostate (BPH) \_\_\_ mild \_\_\_ moderate \_\_\_ severe
- Urinary frequently. Reduced flow, dribbling or leakage
- Nighttime urination \_\_\_ X per night
- Non-medical treatments – Saw Palmetto or combination
- Medical Treatment: \_\_\_ Proscar / Propecia \_\_\_ Avodart \_\_\_ Flomax
- Prostatitis \_\_\_ mild \_\_\_ moderate \_\_\_ severe \_\_\_ recurrent \_\_\_
- Increased or \_\_\_ normal range PSA (range \_\_\_\_\_ ng/dl)
- Treatment for BPH \_\_\_ TURP \_\_\_ TUNA \_\_\_ Laser – Year? \_\_\_\_\_
- Prostate cancer (Year diagnosed) \_\_\_ Gleason score \_\_\_\_\_
- Treatment(s) \_\_\_ surgery \_\_\_ radiation \_\_\_ Cryo \_\_\_ Lupron
- Vasectomy \_\_\_ Varicocele \_\_\_ Hydrocele \_\_\_ Hernia \_\_\_ Year? \_\_\_\_\_
- Infertility Problem
  
- Total Positives

### Physical Changes

Answer yes (+) or no (-)

- Weight Gain
- Increasing central weight – “Beer Belly”
- Increase in breast fat
- Lightheadedness, dizziness, ringing in ears
- Headaches or recent onset of migraine type headaches
- Leg cramps or swollen ankles
- Sleep problems, sleep apnea, night sweats, or “Hot flashes”
- Emphysema or asthma
- Chronic inflammatory disease, colitis, rheumatoid arthritis
- Arthritis in shoulders, hands, hips, knees, or feet
- Varicose veins, hemorrhoids, or varicocele
- Loss of body hair or decreased beard growth rate
  
- Total Positives

### Metabolic changes

Answer yes (+) or no (-)

- Increased cholesterol, triglycerides or decreased HDL
- Higher blood sugar or the onset of adult type 2 Diabetes
- High Blood Pressure
- Shortness of breath with exercise, exertion, climbing stairs
- Racing heart, extra beats, atrial fibrillation
- Chest pains, heart problems, or blocked arteries
- Past heart attack, Bypass surgery or stent
- Past stroke or TIA (mini-stroke)
- Thyroid gland problems
- Adrenal gland problems
- Kidney problems, stones, cysts, infection
  
- Total Positives
- Sum Total Positive