

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date of Visit: \_\_\_\_\_

*Please rank the severity of each symptom listed below  
0 = no symptoms • 10 = very severe symptoms*

**LOW TESTOSTERONE**

**SEXUAL FUNCTION**

- Decrease in spontaneous AM erections
- Decreased sex drive
- Decrease in fullness of erections
- Decrease in volume of ejaculate or semen
- Decrease in strength of climax or force of musculature pulsation
- Difficulty in maintaining full erection
- Difficulty in starting erection – or no erection

- Unexplained weight gain, particularly in the midsection
- Increased fat distribution in breast area or hips
- Development on chest pain/heart disease
- Shortness of breath with activities or worsening of asthma or emphysema
- Lightheadedness, dizzy spells
- Ringing of the ears
- Change in vision
- Poor circulation in legs, swelling of ankles, varicose veins, hemorrhoids

**MENTAL FUNCTION**

- Mental fatigue or inability to concentrate
- Tiredness or sleepiness in the afternoon or early evening
- Decrease in mental sharpness
- Change in creativity or spontaneous new ideas
- Decrease in the initiative or desire to start new projects
- Decreased interest in past hobbies
- Decrease in competitiveness
- Increased forgetfulness
- Feeling of depression; a sense that work, marriage or recreational activities have lost significance

**LOW THYROID**

- All day fatigue
- Dry skin
- Dry, brittle hair
- Hair loss
- Weight gain
- Depression
- Lack of interest (apathy)
- Loss of enjoyment
- Difficulty focusing
- Carbohydrate craving
- Constipation
- Cold intolerance
- Depression

**MUSCULOSKELETAL CONDITION**

- "Sore-Body Syndrome"– joint and muscle pains
- Decline in flexibility and mobility
- Decrease in muscle size, tone, strength
- Decrease in physical stamina
- Decrease in athletic performance
- Back pain; neck pain
- Tendency to pull muscles or get leg cramps
- Development of osteoporosis

**LOW CORTISOL**

- Fatigue (morning and afternoon)
- Difficulty concentrating
- Sleep disturbances
- Memory problems
- Depression
- Dry skin
- Irritability

**METABOLIC OR PHYSICAL PROBLEMS**

- Increase in total cholesterol or triglycerides
- Decrease in HDL levels
- Rise in blood sugar level or diabetes onset
- New onset headaches