



## ANDROPAUSE & MENOPAUSE QUESTIONNAIRE

Testosterone deficiency as seen in both males and females has a pervasive effect on our entire being. Symptoms relative to brain function, sexual function, general metabolic condition and musculoskeletal wellness are inextricable linked to a healthy level of Testosterone. In Anti-Aging Medicine, this age related decline in testosterone is known as Andropause. Replacement can make a difference in how old we feel and how well we perform in our life.

**Name:**

**Date:**

<b>A</b>	<b>Sexual Functions Males</b>	<b>A</b>	<b>Sexual Functions Female</b>
	Decreased early morning erections.		Decreased Libido or sexual desires
	Decreased Libido or sexual desires		Reduction in vaginal sensation during intercourse.
	Decreased fullness of erection		Failure to produce or diminished vaginal lubrication
	Decreased volume of ejaculate or semen		Failure to achieve orgasm
	Decreased strength of orgasm or muscle contractions.		
	Difficulty in maintaining full erection		
	Difficulty in starting erection-or no erection		
<b>B</b>	<b>Mental Functioning</b>	<b>C</b>	<b>Musculoskeletal Conditions</b>
	Spells of mental fatigue or inability to concentrate		Body aches with or without joint and muscle pains
	Tiredness in the afternoon or early evening.		Decline in flexibility and mobility; increased stiffness.
	Feeling burned out		Decrease in muscle size, tone, and strength
	Decrease in mental sharpness, attention, wit.		Decrease in physical stamina.
	Change in creativity or spontaneous new ideas.		Decrease in athletic performance.
	Decrease in initiative or desire to start new projects		Prolonged recovery phase after exercise.
	Decreased interest in hobbies or new activities.		Back pain; neck pain
	Decrease in competitiveness.		Tendency to pull muscles or get leg cramps
	Change in memory function; increased forgetfulness.		Development of Osteoporosis
	New on-set or increase in Depression		New on-set or increase in Inflammatory Arthritis
<b>D</b>	<b>Metabolic Changes</b>	<b>E</b>	<b>Physical Conditions</b>
	Increase in total cholesterol or triglycerides		Unexplained weight gain, more around the mid-drift
	Increase in LDL cholesterol		Increased fat distribution in breast or hip areas
	Decrease in HDL cholesterol		Increased facial lines and weathering
	Rise in blood sugar level or onset of diabetes		Vertical lines on the upper lip. Rhytides
	Metabolic Syndrome		Change in visual acuity.
			Decreased night vision.
			Ringing in the ears (Tinnitus)
			Increased symptoms of asthma or emphysema
			Onset of new headaches.
			Shortness of breath with simple activities.
			Lightheadedness or dizzy spells
			Poor circulation in the legs.
			Development of chest pain. or hardening of the arteries.
			Swelling of the legs w/ or w/o increase in varicose veins.

Please check off all that apply to you.