

Test yourself as a man for Testosterone Deficiency

Signs and symptoms of Testosterone Deficiency in men		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My face has gotten slack, and more wrinkled	0	1	2	3	4
2.	I've lost muscle tone	0	1	2	3	4
3.	My breasts are getting fatty	0	1	2	3	4
4.	My belly tends to get fat	0	1	2	3	4
5.	I have hot flashes and sweats	0	1	2	3	4
6.	I'm constantly tired	0	1	2	3	4
7.	I tire easily with physical activity	0	1	2	3	4
8.	I feel less self-confident and more hesitant	0	1	2	3	4
9.	I feel like making love less often than I used to	0	1	2	3	4
10.	My sexual performance is poorer than it used to be	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Testosterone deficiency				
	21 or more	Probable Testosterone deficiency				