# MALE HORMONE QUESTIONNAIRE

*Complete this page if you are being evaluated for male hormone-related symptoms.*

## SYMPTOM CHECKLIST

| | | |
|---|---|---|
| ☐ Low energy / fatigue | ☐ Low motivation | ☐ Decreased strength |
| ☐ Loss of muscle mass | ☐ Increased body fat | ☐ Difficulty losing weight |
| ☐ Low libido | ☐ Erectile difficulty | ☐ Fewer morning erections |
| ☐ Reduced sexual performance | ☐ Mood changes / irritability | ☐ Depressed mood |
| ☐ Anxiety | ☐ Brain fog | ☐ Memory concerns |
| ☐ Poor concentration | ☐ Sleep problems | ☐ Hot flashes |
| ☐ Excess sweating | ☐ Hair/skin changes | ☐ Joint/muscle aches |
| ☐ Decreased exercise tolerance | ☐ Headaches | ☐ Breast tenderness/enlargement |
| ☐ Urinary frequency | ☐ Weak urine stream | ☐ Nighttime urination |
| ☐ Difficulty starting urination | ☐ Testicular discomfort/change | ☐ Other |

## SYMPTOM PRIORITIES

| | |
|---|---|
| Top 3 symptoms you want addressed: 1) | 2) |
| 3) | When did symptoms begin? |
| Anything that makes symptoms better/worse? | |

## SEXUAL / REPRODUCTIVE HEALTH

| | |
|---|---|
| Sexual function compared with your usual baseline: ☐ No change ☐ Mild change ☐ Moderate change ☐ Major change | |
| Fertility desired now or in the future? ☐ No ☐ Yes ☐ Unsure | Vasectomy? ☐ No ☐ Yes |
| History of infertility or low sperm count? ☐ No ☐ Yes | History of testicular injury/surgery? ☐ No ☐ Yes |
| Details: | |

## PROSTATE / UROLOGIC HISTORY

| | |
|---|---|
| History of enlarged prostate/BPH? ☐ No ☐ Yes | History of prostate cancer? ☐ No ☐ Yes |
| Last PSA date/result (if known): | Last prostate exam: |
| Current urinary concerns/details: | |

## CURRENT TESTOSTERONE / HORMONE PRODUCTS

| | |
|---|---|
| Have you ever used testosterone or other hormone therapy? ☐ No ☐ Yes | |
| Product / dose / route / frequency: | |
| Last dose/date used: | Prescriber: |
| Benefits or side effects experienced: | |

Please bring or provide recent relevant laboratory results if available. Testosterone therapy may affect fertility and requires individualized prescriber evaluation and monitoring.