

**TRT Questionnaire**  
**Mental Symptoms**

Rate Symptoms on a scale of 0-5, for absence or severity.

- \_\_\_ Pervasive sense of fatigue, wake up tired all the time
- \_\_\_ Suffer from “Brain Fog”, decrease focus or clarity
- \_\_\_ Feel depressed or negative
- \_\_\_ Feel irritable and angry more often
- \_\_\_ Feel stressed or burned out
- \_\_\_ Anxiety or increase nervousness, and panic attacks
- \_\_\_ Forgetful, poor memory
- \_\_\_ Difficulty concentrating
- \_\_\_ Decrease mental sharpness
- \_\_\_ Decrease assertiveness
- \_\_\_ Loss of motivation
- \_\_\_ Lack initiative to start new projects or hobbies
- \_\_\_ Becoming a couch potato
- \_\_\_ Feel that work, relationships, pleasure time activities have lost their significance.
  
- \_\_\_ Total Score

**TRT Questionnaire**  
**Sexual Function**

Rate Symptoms on a scale of 0-5, for absence or severity.

\_\_\_ Decrease early morning erections

\_\_\_ Diminished libido

\_\_\_ Difficulty achieving erections

\_\_\_ Decrease erectile fullness

\_\_\_ Decrease ability to maintain erection during intercourse

\_\_\_ Decrease strength of orgasm

\_\_\_ Decrease volume of ejaculate

\_\_\_ Loss of sensation in penis

\_\_\_ Premature ejaculation \_\_\_ recent \_\_\_ long term

\_\_\_ Length of time in years since changes in sexual function became noticeable

\_\_\_ Responds to Viagra, Cialis, or Levitra

\_\_\_ Use other methods to achieve erection (i.e. pump, injections)

\_\_\_ Total Score

**TRT Questionnaire**  
**Physical changes**

Rate Symptoms on a scale of 0-5, for absence or severity.

- \_\_\_ Feel sore all over in muscles and/or joints
- \_\_\_ Frequent neck or back pain
- \_\_\_ Decrease strength or stamina
- \_\_\_ Decrease in muscle size, tone, fullness. Increase flabbiness
- \_\_\_ Decrease athletic performance, agility
- \_\_\_ Decrease flexibility and increase stiffness
- \_\_\_ Harder time recovering from workouts
- \_\_\_ Diminished muscle response to workouts in relation to tone and muscle mass
- \_\_\_ Increase muscle strains
- \_\_\_ Shortness of breath at lower exertion levels
- \_\_\_ Lack of competitive drive in sporting events.
  
- \_\_\_ Total Score

**TRT Questionnaire**  
**Urological Problems**

Answer "Yes" or "No"

\_\_\_ Enlarged Prostate(BPH) \_\_\_Mild \_\_\_Moderate \_\_\_Severe

\_\_\_Urinary frequency, reduced flow, dribbling

\_\_\_Nighttime urination \_\_\_X per night

\_\_\_Non medical supplements i.e. Saw Palmetto

\_\_\_Medical Treatments \_\_\_Proscar \_\_\_Propecia \_\_\_Avodart \_\_\_Flomax

\_\_\_Prostatitis \_\_\_mild \_\_\_moderate \_\_\_severe

\_\_\_increase or \_\_\_normal range PSA (range\_\_\_\_\_ng/dl)

\_\_\_Prostate treatment for BPH (\_\_\_TURP\_\_\_TUNA\_\_\_Laser)\_\_\_year

\_\_\_Prostate Cancer(Year diagnosed\_\_\_\_\_Gleason score\_\_\_\_\_)

\_\_\_Treatment(s)\_\_\_surgery\_\_\_radiation\_\_\_Cryo\_\_\_Lupron or drugs

\_\_\_Vasectomy(Year\_\_\_\_\_ )\_\_\_Varicoceol\_\_\_hydrocoel\_\_\_hernia

\_\_\_Infertility problem

\_\_\_Total Positives

**Health Questionnaire**  
**Physical changes**

Yes or No

- \_\_\_ Weight gain or loss
- \_\_\_ Increase belly weight/fat
- \_\_\_ Increase breast fat
- \_\_\_ Lightheadedness, dizziness, ringing in ears
- \_\_\_ Headaches or recent onset of migraine type headaches
- \_\_\_ Leg cramps or swollen ankles
- \_\_\_ Sleep problems
- \_\_\_ Sleep apnea
- \_\_\_ Hot flashes, night sweats
- \_\_\_ Emphysema or asthma
- \_\_\_ Chronic inflammatory disease, colitis, rheumatoid arthritis
- \_\_\_ Varicose veins, hemorrhoids
- \_\_\_ Arthritis in shoulders, hands, feet, hips, or knees
- \_\_\_ Loss of body hair or decrease growth rate
  
- \_\_\_ Total Positives

**Health Questionnaire**

Metabolic changes  
Answer "Yes" or "No"

- High cholesterol, triglycerides, or low HDL
- High blood sugar or Type 2 Diabetes
- High blood pressure
- Shortness of breath with exercise of climbing stairs
- Racing heart, extra beats, irregular heartbeat, or atrial fibrillation
- Chest pain, or diagnosis of coronary heart disease
- History of heart attack, bypass, or stent
- Stroke, or TIA(Mini-stroke)
- Thyroid problems
- Adrenal gland problems