

How Do I Know If I'm Experiencing Male Menopause ?

By taking the following survey, you will have better insight into your midlife status.

1. I have difficulty getting and sustaining an erection. Yes No
2. I have fewer morning erections than when I was 30 years old. Yes No
3. My energy levels are lower than they were at age thirty. Yes No
4. My endurance is less than I would like. Yes No
5. I frequently feel irritable and/or anxious. Yes No
6. I feel or have been told that I look/act as if I'm depressed. Yes No
7. I have trouble falling or staying asleep. Yes No
8. I get warm or hot "flash" sensations. Yes No
9. I feel my libido is decreasing. Yes No
10. It takes me longer to recover from physical activities. Yes No
11. I have more mood or emotional fluctuations than I used to. Yes No
12. I have frequent concerns about my virility. Yes No
13. It takes me longer to recover from illness. Yes No
14. I have noticed less muscle and more "flab" in the last 5 years. Yes No
15. I frequently feel that time is running out. Yes No