

Andropause - Test Yourself

Am I in the male climacteric or not?

The signs usually develop slowly and are initially difficult for the man to explain: tiredness, depression, irritability and reduced libido can be the first signs of the male climacteric. With the following test you should be able to find out if andropause has already started for you - or if perhaps you are already in the middle of it.

We recommend that you print these pages so you can fill out and assess the questionnaire at your leisure.

| Andropause – Test Yourself | | Never | Rare | Sometimes | Often | Very Often |
|------------------------------------|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Please Mark only one box per line. | | | | | | |
| 1. | I do not wake up with a morning erection. | <input type="checkbox"/> |
| 2. | I am tired, I have no strength | <input type="checkbox"/> |
| 3. | I am tense or nervous | <input type="checkbox"/> |
| 4. | I am depressed, in low spirits | <input type="checkbox"/> |
| 5. | I am easily irritated and angry or in a bad mood | <input type="checkbox"/> |
| 6. | I am less able to concentrate and my memory is worsening | <input type="checkbox"/> |
| 7. | I have relationship problems with my partner | <input type="checkbox"/> |
| 8. | I have reduced libido and sexual energy | <input type="checkbox"/> |
| 9. | I have problems with sexual potency and erections | <input type="checkbox"/> |
| 10. | My skin, especially on my face and hands, is dry | <input type="checkbox"/> |
| 11. | I have back pains, joint pains | <input type="checkbox"/> |
| 12. | I perspire heavily (during the day or at night) | <input type="checkbox"/> |
| 13. | I drink a lot | <input type="checkbox"/> |
| 14. | I always feel stressed | <input type="checkbox"/> |
| 15. | I am not physically fit | <input type="checkbox"/> |
| 16. | How old do you feel? | 30 <input type="checkbox"/> | 40 <input type="checkbox"/> | 50 <input type="checkbox"/> | 60 <input type="checkbox"/> | 70 <input type="checkbox"/> |
| 17. | Total number of boxes marked per column | | | | | |
| 18. | Multiply the number of boxes per column with the following numbers | 0 | 1 | 2 | 3 | 4 |
| 19. | Subtotal | | | | | |
| 20. | Add the subtotals of all columns Total: | | | | | |
| 21. | If you have suffered the following illnesses, add 4 points per illness to your total score: Prostate inflammation or operation Mumps Testicular disease Chronic urinary tract infection | | | | | |
| 22. | Your personal andropause score: | | | | | |

Assessment

- | | |
|-----------------------|---|
| 0 - 10 points | You can be happy. It is extremely unlikely that you are in the male climacteric. |
| 11 - 20 points | It is possible that andropause has already started. |
| 21 - 30 points | It looks as if you are probably already in the male climacteric. |
| 31 - 40 points | You are in the middle of the male climacteric. In case of any problems, please turn to your doctor. |
| Over 41 points | You are already well advanced in the climacteric. |

However, only a thorough examination and hormone tests by a doctor specialized in endocrinology can offer final certainty.