



Holistic Harmony MedSpa
Balancing Mind, Body and Spirit

The Adam Quiz for Men

Take the following quiz to help you determine if testosterone replacement is right for you:

1. Have you noticed a decrease in your sex drive?
2. Do you have less energy than you used to?
3. Have you noticed a decrease in your strength?
4. Have you lost height?
5. Do you seem to have less enjoyment of life?
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed a decrease in your sports performance?
9. Do you fall asleep soon after dinner?
10. Has your performance at work decreased?

Men answering “Yes” to questions 1, 7, or a combination of any 4 or more may be candidates for bio-identical hormone replacement therapy.