

## AGING MALE SYMPTOMS SCORE (AMS)



Determining your Aging Male Symptoms Score (AMS) is a simple and effective way to detect whether you may have andropause. Based on a set of 17 factors, the score is designed to determine whether there is a general indication for andropause. If you are concerned that you may have andropause, simply **score yourself using the form on page 2**. You may also want to take your Aging Male Symptoms Score sheet with you when you visit your doctor.

The best way to take the test is to not overthink each question. Just fill in all of the boxes, then add up your score. Each item is rated on a scale of 1 to 5. There are 17 in total, so the minimum score is 17 and the maximum score is 85.

It's important to keep in mind that having symptoms isn't necessarily an indication you have andropause. They could be related to some other cause, so a blood test is the best way to make a diagnosis.

---

The implications of the scores are as follows:

- < 26 means you have no significant symptoms consistent with a low testosterone level
- 27-36 means you have mild symptoms consistent with a low testosterone level
- 37-49 means you have moderate symptoms consistent with a low testosterone level
- > 50 means you have severe symptoms consistent with a low testosterone level

If your score is 27 or greater, we would suggest your hormone levels be tested.

## AGING MALE SYMPTOMS SCALE (AMS)

Which of the following symptoms apply to you at this time? Please, mark the appropriate box for each symptom. For symptoms that do not apply, please mark "none".

	SYMPTOM	NONE 1	MILD 2	MODERATE 3	SEVERE 4	EXTREME 5
1	Decline in your feeling of general well being (general state of health, subjective feeling)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Joint pain and muscular ache (lower back pain, joint pain, pain in a limb, general back ache)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Excessive sweating (unexpected/sudden episodes of sweating, hot flushes independent of strain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early and feeling tired, poor sleep, sleeplessness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Increased need for sleep, often feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Irritability (feeling aggressive, easily upset about little things, moody)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Nervousness (inner tension, restlessness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Anxiety (feeling panicky)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Physical exhaustion/lacking vitality (general decrease in performance, reduced activity, feeling of getting less done, of having to force oneself to undertake activities)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Decrease in muscular strength (feeling weak)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Depressive mood (feeling down, sad, on the verge of tears, mood swings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Feeling that you have passed your peak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Feeling burnt out, having hit rock-bottom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Decrease in beard growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Decrease in the number of morning erections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Decrease in ability/frequency to perform sexually	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Decrease in sexual desire/libido (lacking pleasure in sex, lacking desire for intercourse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any other major symptoms? If so, please use the space provided on page 3 to describe them. If your score is 27 or greater, we would suggest your hormone levels be tested.

