Doctor's Visit Kit

FREE BONUS 3 · BEYOND TESTOSTERONE BY NELSON VERGEL

A symptom checklist and question sheet built from "Nelson's Tips for TRT Patients." Fill it in before the visit and hand it over when the doctor walks in.

ADAM symptom questionnaire

#	Question	Yes	No
1	Do you have a decrease in libido (sex drive)?		
2	Do you have a lack of energy?		
3	Do you have a decrease in strength and/or endurance?		
4	Have you lost height?		
5	Have you noticed a decreased "enjoyment of life"?		
6	Are you sad and/or grumpy?		
7	Are your erections less strong?		
8	Have you noticed a recent deterioration in your ability to play sports?		
9	Are you falling asleep after dinner?		
10	Has there been a recent deterioration in your work performance?		

Yes to question 1 or 7, or to more than 3 questions, suggests low testosterone. Morley JE et al., Metabolism 2000. Repeat it at every visit to see how you respond.

Before you book

- ☐ Call the office and ask whether the doctor uses hCG and knows how to manage hematocrit
- ☐ Ask whether the doctor answers patient email
- ☐ Decide: insurance-based or cash-based, in person or telemedicine

Bring with you

- ☐ A one-page note with your symptoms, current dose and main questions
- ☐ Your recent lab results with dates, and your trends over time
- ☐ A printed copy of any study you want to discuss (never say "I read it on the internet")
- ☐ Your medications and supplements

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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Questions to ask

- ☐ "What would you do if you were me?"
- ☐ Which estradiol test do you use? Is it the sensitive one?
- ☐ How often will you check my hematocrit and PSA?
- ☐ What do we do if my hematocrit goes above 52%?
- ☐ Can I use smaller, more frequent or subcutaneous injections?
- ☐ How will you protect my fertility and testicular size? Will you prescribe hCG?

My other questions and the answers

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