



# The (Low T) Self-Assessment

## 10 Signs Your Testosterone May Be Off — and What to Do Next

This assessment is not a diagnosis — it is a starting point for a conversation most men never have with their doctor. For each question below, check how often you experience the symptom. If you check Often or Always on three or more items, a clinical evaluation with Dr. Grotas may be the most important appointment you make this year.

### RESPONSE KEY:

Never

Sometimes

Often

Always

01

#### ENERGY & FATIGUE

Do you feel unusually tired or low on energy, even after a full night of sleep?

☐

Never

☐

Sometimes

☐

Often

☐

Always

02

#### MOOD & MENTAL CLARITY

Have you noticed increased irritability, low motivation, or difficulty concentrating?

☐

Never

☐

Sometimes

☐

Often

☐

Always

03

#### LIBIDO

Has your sex drive decreased noticeably compared to a few years ago?

☐

Never

☐

Sometimes

☐

Often

☐

Always

04

#### PHYSICAL CHANGES

Have you experienced increased body fat — especially around the midsection — or loss of muscle?

☐

Never

☐

Sometimes

☐

Often

☐

Always

05

#### SLEEP QUALITY

Do you have trouble falling or staying asleep, or wake up feeling unrestored?

☐

Never

☐

Sometimes

☐

Often

☐

Always



*"Most men don't realize how much their testosterone levels affect every aspect of how they feel. You don't have to accept feeling like a diminished version of yourself."*

— Dr. Aaron Grotas, MD | Board-Certified Urologist

## CONTINUED — Questions 6 through 10

- 06** **STRENGTH & ENDURANCE**  
Has your physical performance, strength, or recovery from exercise declined?
- ☐ Never ☐ Sometimes ☐ Often ☐ Always
- 07** **ERECTIONS**  
Have you noticed changes in the frequency or quality of erections?
- ☐ Never ☐ Sometimes ☐ Often ☐ Always
- 08** **EMOTIONAL WELLBEING**  
Do you feel less confident, more withdrawn, or unlike yourself emotionally?
- ☐ Never ☐ Sometimes ☐ Often ☐ Always
- 09** **BODY HAIR & BONE HEALTH**  
Have you noticed thinning body or facial hair, or been told you have low bone density?
- ☐ Never ☐ Sometimes ☐ Often ☐ Always
- 10** **OVERALL VITALITY**  
Would you say your overall sense of drive, ambition, and physical vitality has decreased?
- ☐ Never ☐ Sometimes ☐ Often ☐ Always

### How to Read Your Results:

- 0 to 2 "Often" or "Always"** Your symptoms may be unrelated to testosterone — but worth tracking over time.
- 3 to 5 "Often" or "Always"** A clinical evaluation is worth considering. This pattern is clinically meaningful.
- 6 or more "Often" or "Always"** Strong clinical signal. A conversation with Dr. Grotas is the right next step.



**Dr. Aaron Grotas, MD**

**Board-Certified Urologist**

PRINE Health | Men's Health & Sexual Wellness

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