

USEFUL GUIDE TO TALKING WITH YOUR DOCTOR

Having a prepared list in hand is a great way to make sure that you ask the important questions and get the answers you need. It will also help you to answer questions your doctor may ask.

Remember, only your doctor can decide if you need a blood test. So the more information you provide will help them decide what's best for you.

- I don't feel sick; I just don't feel like myself anymore. What could be causing it?
- Are the symptoms I'm experiencing related to Testosterone Deficiency (TD)? (give your doctor your completed TD assessment so that you can discuss your symptoms)
- Considering my symptoms, could I be tested for TD?
- How does my diet, fitness, and lifestyle affect my testosterone level?
- (Where appropriate) Could my diabetes/high blood pressure/being overweight/any of my medical conditions be related to TD?

If you're taking any prescription medications, over-the-counter medications, or vitamin supplements, be sure to tell your doctor.