



Andropause Symptom Checker

Functional Wellness Practitioner, women's and men's hormone health

This is not a test, and it cannot tell you whether low testosterone is involved. It is a way of noticing what is going on for you and finding the words for it, so that you can talk it through with your GP, pharmacist or health practitioner.

Many of these symptoms have other causes, including stress, poor sleep, extra weight around the middle, alcohol and other health conditions. That is exactly why it is worth talking to your GP rather than guessing.

Tick whatever applies to you at the moment. Next to each one, jot down how often it happens (daily, weekly, now and then) and how much it bothers you (a little, quite a lot, a great deal). A rough picture is enough.

Energy and drive

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Tiredness: feeling worn out even after rest	☐	
Motivation: less drive or get up and go than usual	☐	
Enjoyment: things you used to enjoy no longer appeal	☐	
Strength: less stamina, or losing muscle	☐	
Recovery: taking longer to recover after exercise or a hard day	☐	

Mood and mind

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Low mood: feeling down, and it does not lift	☐	
Irritability: a short fuse, or feeling on edge	☐	
Anxiety: more worry or nervousness than usual	☐	
Not yourself: feeling flat, or a loss of confidence	☐	
Brain fog: difficulty concentrating or thinking clearly	☐	
Memory lapses: trouble finding words or recalling recent events	☐	

Sleep

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Getting to sleep or staying asleep: or waking early	☐	
Waking unrefreshed: even after a full night	☐	
Sweats: night sweats, or hot flushes	☐	
Snoring: loud, or breathing that seems to pause (someone else may notice)	☐	

Body

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Weight: gaining, especially around the middle	☐	
Muscle: losing bulk, even if you are training	☐	
Chest: swelling or tenderness of the breast tissue	☐	
Hair and skin: less body or facial hair, or drier skin	☐	
Aches: stiff or sore joints and muscles	☐	

Sex and intimacy

SYMPTOM	TICK	HOW OFTEN, AND HOW MUCH IT BOTHERS YOU
Sex drive: a noticeable drop	☐	
Erections: difficulty getting or keeping one, or fewer morning erections	☐	
Closeness: feeling distant from your partner, or more tension at home	☐	

What else is going on?

None of these are about blame. They are the everyday things that can lower how you feel, and several are within your own control. Tick any that sound like you.

- ☐ Shift work, or waking nights
- ☐ Long hours, or a stressful stretch at work or at home
- ☐ Not sleeping well
- ☐ Alcohol most days
- ☐ Extra weight around the middle
- ☐ Not much movement in a normal week
- ☐ Skipped meals, or lots of sugar and convenience food
- ☐ Medication I take regularly (note it down for your GP or pharmacist)
- ☐ Another health condition

Please speak to your GP first

These are not for waiting on or working out yourself. If any of them apply, please book a GP appointment.

- ☐ Chest pain, or a heart that flutters, races or pounds (palpitations)
- ☐ Blood in your urine, or difficulty passing urine
- ☐ A lump you cannot explain, including in the chest or testicles
- ☐ Pain that does not go away and has no clear reason
- ☐ Losing weight without trying
- ☐ Loud snoring with pauses in your breathing
- ☐ Feeling unwell on a medication you already take
- ☐ Erection problems that are new for you

If your mood feels very low, or you have thoughts of harming yourself, please speak to your GP today or call Samaritans free on 116 123, day or night.

Before your appointment

Take this sheet with you. These prompts help you say what you came to say, and a GP can then decide whether a blood test makes sense.

What bothers me most	
When it started, and what has changed	
What I would like to ask	
Anything else	

This sheet is general information, not medical advice, and it cannot diagnose anything. I do not diagnose or prescribe, and I work alongside your GP, never instead of them.

If you would like help putting the pieces together, I offer one-to-one consultations. Details at rhustrand.co.uk.

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