

# THE UROLOGY GROUP

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Name \_\_\_\_\_ Date of birth \_\_\_\_\_ Today's date \_\_\_\_\_

## TESTOSTERONE EVALUATION

### Symptoms (circle):

- low energy • fatigue • weakness • depression • decreased muscle mass
- low sexual desire • sexual problems (eg. erectile dysfunction despite medication)

### History (circle):

- liver problems • loss of peripheral vision • breast discharge •

### Medical problems associated with low testosterone (circle):

- low red blood count (anemia) • low bone density (osteopenia/osteoporosis)
- type 2 diabetes • high blood pressure • high cholesterol • emphysema (COPD)
- overweight • prostate problems

### Symptoms of hyperthyroidism (Because increased SHBG decreases bioavailable testosterone) (circle):

- appetite changes • difficulty sleeping • diarrhea • heat intolerance • dizziness
- increased sweating • palpitations • tremors • itching • nervousness

### Contraindications/precautions to testosterone therapy (circle):

- prostate cancer • breast cancer • high red blood cell count • untreated sleep apnea
- unstable heart failure • severe urinary symptoms • attempting pregnancy

### Medications that interfere with testosterone (circle):

- thiazide diuretics (hydrochlorothiazide (HCTZ) • opiates/narcotic pain medicine
- Tagamet (cimetidine) • mental health (psychotropic) medicine • steroids (Prednisone)
- spironolactone (aldactone) • amiodarone • ketoconazole • estrogen
- GnRH agonists: Lupron (leuprolide), Zoladex (goserelin), buserelin, nafarelin, histrelin, deslorelin
- Nonsteroidal antiandrogen: Eulexin (flutamide)
- GnRH antagonists: cetorelix, canirelix, degarelix, abarelix