



This website is intended for an Irish audience only

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, and can provide a diagnosis. So the more information you provide will help them decide what's best for you.

These are just a sample of questions you could ask and it is important that you choose and adapt the conversation based on your personal circumstances:

- I don't feel sick; I just don't feel like myself anymore. What could be causing it?
- Are the symptoms (mention your symptoms) I'm experiencing related to testosterone deficiency?
- Considering my symptoms, could I be tested for testosterone deficiency?
- 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 testosterone deficiency? If it is not my testosterone levels, could it be something else?

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

Information placed on this website is not intended as a substitute for a consultation with your healthcare professional.