

# IF YOU'RE A MAN...

Take these tests to find out about 2 common conditions.



**You may feel embarrassed** to talk to your doctor about urinary problems. But, like gray and thinning hair, such problems are a part of aging. One of the causes of urinary symptoms in men over 50 is a treatable condition called benign prostatic hyperplasia (BPH). In fact, it has been estimated that by the age of 80, 1 in every 4 males in the US will require treatment of their urinary symptoms caused by BPH!

Take this quiz to help you and your doctor decide whether you could benefit from a BPH treatment.

<b>TAKING THE QUIZ</b> Please circle the answer that best represents your response to each of the following questions. The questions are designed to gauge the severity of any symptoms you may be experiencing.		Not at all	Less than 1 time in 5	Half the time	Less than half the time	About half the time	More than half the time	Almost always	Patient score
<b>1. INCOMPLETE EMPTYING</b> Over the past month, how often have you had a sensation of not emptying your bladder completely after you have finished urinating?		0	1	2	3	4	5		
<b>2. FREQUENCY</b> Over the past month, how often have you had to urinate again less than 2 hours after you have finished urinating?		0	1	2	3	4	5		
<b>3. INTERMITTENCY</b> Over the past month, how often have you found you stopped and started again several times when you urinated?		0	1	2	3	4	5		
<b>4. URGENCY</b> Over the past month, how often have you found it difficult to postpone urination?		0	1	2	3	4	5		
<b>5. WEAK STREAM</b> Over the past month, how often have you had a weak urinary stream?		0	1	2	3	4	5		
<b>6. STRAINING</b> Over the past month, how often have you had to push or strain to begin urination?		0	1	2	3	4	5		
<b>7. NOCTURIA</b> Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?		0	1	2	3	4	5+		
<b>Your Total Score</b>									
		Delighted	Pleased	Mostly satisfied	Mixed	Mostly dissatisfied	Unhappy	Terrible	
<b>QUALITY OF LIFE DUE TO URINARY SYMPTOMS</b> If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?		0	1	2	3	4	5	6	

Adapted from Barry MJ, et al. The American Urological Association symptom index for benign prostatic hyperplasia. *J Urol*. 1992;148:1549-1557.

### SCORING THE QUIZ

Add the numbers from your answers to questions 1 through 7. The maximum possible score is 35. The final question will help you judge how you feel about your symptoms.

**PLEASE NOTE:** This test is used to measure the severity of your symptoms. It is not a diagnostic test. In other words, it will not tell you whether or not you have BPH. Talk to your doctor to determine whether your symptoms are due to BPH.

Remember: This information is not intended as a substitute for medical treatment.

DATE: \_\_\_\_\_

PATIENT: \_\_\_\_\_