

# Prostate Health for Men Over 40

Are you bothered by urinary symptoms? Take this test. You may have BPH.

BPH (benign prostatic hyperplasia) is a non-cancerous enlargement of the prostate that occurs in many men over the age of 40.

QUESTIONS 1 - 6:	0 - Not at all 1 - Less than 1 in 5 times 2 - Less than half the time	3 - About half the time 4 - More than half the time 5 - Almost Always					
1. <b>INCOMPLETE EMPTYING</b> Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. <b>FREQUENCY</b> Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
3. <b>INTERMITTENCY</b> Over the past month, how often have you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. <b>URGE TO URINATE</b> Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. <b>WEAK STREAM</b> Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
6. <b>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>Question 7:</b>	Simply circle the number of times						
7. <b>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	

Add the circled numbers from Questions 1-7. **Total BPH Symptom Score:** \_\_\_\_\_

**Mild BPH Symptoms: 0-7    Moderate BPH Symptoms: 8-19    Severe BPH Symptoms: 20-35**

How would you feel if you had to live with your urinary condition the way it is now, no better, no worse, for the rest of your life? If your answer is not positive you may want to speak to a physician. Mild BPH Symptoms may not affect your daily life but you should keep an eye on them and make sure that a prostate check is part of your annual physical exam. Moderate and Severe BPH symptoms and treatment options should be discussed with a Urologist (a specialist in the branch of medicine and physiology concerned with the function and disorders of the urinary system).

## Would you benefit from a discussion about ED with your physician?

QUESTIONS 9-10:	0 - Did not attempt intercourse 1 - Extremely difficult 2 - Very difficult	3 - Difficult 4 - Slightly difficult 5 - Not difficult					
9. How difficult is it for you to get and keep an erection?	0	1	2	3	4	5	
10. During Sexual intercourse how difficult was it to maintain your erection to the completion of intercourse?	0	1	2	3	4	5	
QUESTIONS 11 - 13:	0 - Did not attempt intercourse 1 - Almost never or never 2 - Much less than half the time	3 - About half the time 4 - Much more than half the time 5 - Almost always or always					
11. When you had erections with sexual stimulations, how often were your erections hard enough for penetration?	0	1	2	3	4	5	
12. During sexual intercourse, how often were you able to maintain your erection after you had (entered) your partner?	0	1	2	3	4	5	
13. When you attempted sexual intercourse, how often was it satisfactory for you?	0	1	2	3	4	5	

Add the circled numbers from Questions 9-13. **Total ED Symptom Score:** \_\_\_\_\_

**If your ED Symptom Score is 20 or below you may want to speak with your urologist.**

\*Adapted from the AUA symptom index for benign prostatic hyperplasia. For more information on BPH and its treatment, please visit: [www.DurwardBlack.com](http://www.DurwardBlack.com).