

# 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 noncancerous enlargement of the prostate that occurs in many men over the age of 40.

**Use this form to assess your symptoms, and share your results with your doctor.**

To use this symptom scorecard: Circle one number in each line and add up all the circled numbers to get the total score. The total runs from 0 to 35 points with higher scores indicating more severe symptoms. Scores less than seven are considered mild and generally do not warrant treatment.

AUA BPH SYMPTOM SCORE						
Patient Name: _____ Date: _____	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
<b>INCOMPLETE EMPTYING</b> 1. 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
<b>FREQUENCY</b> 2. Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5
<b>INTERMITTENCY</b> 3. 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>URGE TO URINATE</b> 4. Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5
<b>WEAK STREAM</b> 5. Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5
<b>STRAINING</b> 6. Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5
	None	1 time	2 times	3 times	4 times	5 or more times
<b>URINATING AT NIGHT</b> 7. 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>Symptom Score: 1-7 Mild, 8-19 Moderate, 20-35 Severe</b>	<b>Total: _____</b>					

Rate the bothersomeness of your symptoms by circling the number below that best describes your feelings.

BOTHER SCORE DUE TO URINARY SYMPTOMS							
	Delighted	Pleased	Mostly satisfied	Mixed	Mostly dissatisfied	Unhappy	Terrible
<b>BOTHERSOMENESS OF URINARY SYMPTOMS</b> 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?	0	1	2	3	4	5	6

Adapted from Barry MJ, Fowler FJ Jr, O'Leary MP, et al, and the Measurement Committee of the American Urological Association. The American Urological Association symptom index for benign prostatic hyperplasia. *J Urol.* 1992;148:1549-1557.

For more information on BPH and its treatment, please visit:

[www.prostatedisease.org](http://www.prostatedisease.org)

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