



Attention men over 50!

Answer these simple questions and share them with your doctor.

American Urological Association BPH Symptom Score Index Questionnaire

Having to urinate more frequently, as well as more urgently, can definitely interrupt the flow of your day. You should know that frequent urination is often a symptom of benign prostatic hyperplasia (BPH), a noncancerous enlargement of the prostate gland. BPH is a common condition among men over age 50. Waking up several times a night to urinate and having a weaker, slower, or delayed urine stream are other common symptoms.

Please give completed test to your doctor to determine if you could benefit from BPH treatment.

Circle the number that best applies to you for each question.

PATIENT NAME _____	DATE _____	NOT AT ALL	LESS THAN 1 TIME IN 5	LESS THAN 1/2 THE TIME	ABOUT 1/2 THE TIME	MORE THAN 1/2 THE TIME	ALMOST ALWAYS
1. INCOMPLETE EMPTYING Over the last month or so, how often have you had a sensation of not emptying your bladder completely after you finished urinating?		0	1	2	3	4	5
2. FREQUENCY During the last month or so, how often have you had to urinate again less than two hours after you finished urinating?		0	1	2	3	4	5
3. INTERMITTENCY During the last month or so, how often have you stopped and started again several times when you urinated?		0	1	2	3	4	5
4. URGENCY During the last month or so, how often have you found it difficult to postpone urination?		0	1	2	3	4	5
5. WEAK STREAM During the last month or so, how often have you had a weak urinary stream?		0	1	2	3	4	5
6. STRAINING During the last month or so, how often have you had to push or strain to begin urination?		0	1	2	3	4	5
7. NOCTURIA During the last 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?		NONE	1 TIME	2 TIMES	3 TIMES	4 TIMES	5 OR MORE TIMES

Add the score for each number above, and write the total in the space to the right.

SYMPTOM SCORE = 1-7 Mild 8-19 Moderate 20-35 Severe TOTAL _____

QUALITY OF LIFE

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?

DELIGHTED	PLEASED	MOSTLY SATISFIED	MIXED	MOSTLY DISSATISFIED	UNHAPPY	TERRIBLE
0	1	2	3	4	5	6

Adapted from Barry M.J. 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. *Journal of Urology*. 1992;148:1549-1557.

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