

U-Check Screener: Are you at Risk?

The following questionnaire can help you determine how bothersome your urinary symptoms are and whether you should see your doctor.⁸

Check off the statements below that apply to your symptoms and discuss the results with your doctor.

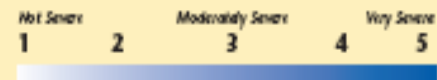
- You normally have a sensation of not emptying your bladder completely after you have finished urinating.
- You often need to urinate again less than two hours after you have finished urinating.
- You find yourself stopping and starting again several times when you urinate.
- You find it difficult to postpone urination.
- Your urinary stream is weak.
- You find yourself having to push or strain to begin urination.
- You get up to urinate three or more times from the time you go to bed at night until the time you get up in the morning.
- You go to the bathroom much more than you used to and start to change your routine to accommodate for extra bathroom trips.

If you have checked four or more of these statements, or if you haven't checked the majority of statements but your symptoms are troublesome, talk to your doctor. Only your doctor can tell you if the symptoms you're experiencing are due to Benign Prostatic Hyperplasia (BPH), also known as enlarged prostate, or another prostate disease.

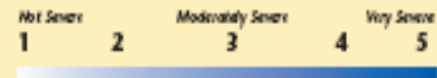
Disruption Scale

On a scale of 1 to 5, where 1 is "no disruption at all" and 5 is "very severe disruption," please rate the severity of your symptoms when answering the following questions.

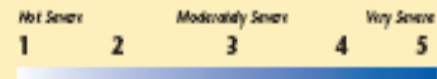
How disruptive to your daily routine, including your sex life, are your urinary problems?



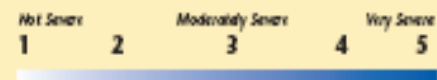
How disruptive would you find an interruption to a personal event, such as a wedding or graduation, due to your urinary problems?



How disruptive would you find an interruption to a professional event such as a business lunch, meeting or seminar?



How disruptive to your daily routine would your urinary problems have to be before seeing a doctor about them?



According to a survey, nearly half (45%) of men over age 50 said they would have to be experiencing urinary problems or complications for several weeks before seeing a doctor.

If you rated your disruption as a three or higher on this scale, you should discuss options with your doctor to reduce your disruptions and get back to your life.