



# PROSTATE HEALTH ASSESSMENT

Please answer the following questions honestly, to get a gauge of your current prostate health

## 1 Incomplete emptying

Over the past month, how often have you had the sensation of not emptying your bladder completely after you finish urinating?

Not at all	Less than half the time	More than half the time	Almost always	YOUR SCORE		
0	1	2	3	4	5	

## 2 Frequency

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 Intermittency

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	
---	---	---	---	---	---	--

## 4 Urgency

Over the past month, how often have you found it difficult to postpone urinating

0	1	2	3	4	5	
---	---	---	---	---	---	--

## 5 Weak Stream

Over the past month, how often have you had a weak urinary stream

0	1	2	3	4	5	
---	---	---	---	---	---	--

## 6 Straining

Over the past month, how often have you had to push or strain to begin urination

0	1	2	3	4	5	
---	---	---	---	---	---	--

## 7 Nocturia

Over the past month, how many times did you most typically get up each night to urinate, from the time you went to bed until the time you got up in the morning?

None	Once	2 times	3 times	4 times	5 or more	YOUR SCORE
0	1	2	3	4	5	

## YOUR SCORE

Add up your scores from the previous seven questions, then please see overleaf for advice on how you should act based on your score.

YOUR TOTAL SCORE

--

# JOIN US



## Volunteer

at one of our events. Or join the Prostate Cymru awareness team, educating the nation on prostate health.



## Participate

in one of our many events. From walks to 100 mile cycling races, there is something for everyone. Or why not put on your own fundraising event?



## Donate

to Prostate Cymru and support the work we do on improving awareness, treatment and research on prostate health.

Visit [prostatecymru.com](http://prostatecymru.com) to find out more

# Your Prostate Health Assessment Score

**0-7**

No immediate action. Remain alert to changes and factors that put you at future risk. Read our "about prostate cancer" section to find out more.

**8-19**

Mild moderate symptoms, seek advice from your GP.

**20-35**

Take immediate action and seek advice from your GP.

## Quality of Life due to Urinary Symptoms

If you were to spend the rest of your life with you urinary condition just the way it is now, how would you feel about that?

Delighted	Pleased	Mostly satisfied	Mixed	Mostly unhappy	Unhappy	Terrible
0	1	2	3	4	5	6

In most cases symptoms are a result of non-cancerous changes, often caused by an enlarged prostate. GPs can prescribe treatment and offer advice on how to alleviate any discomfort. However, 1/8 men will be effected by prostate cancer. Read on to find out more about Prostate Cancer.

# About Prostate Cancer

## SYMPTOMS

Early stages of prostate cancer usually presents **no symptoms**. It is important you are aware of signs that indicate a problem.

- ▶ Poor/reduced urine flow
- ▶ Passing urine more frequently
- ▶ Pain when passing urine or presence of blood

## THE FACTS

- ▶ #1 most common cancer diagnosed in Welsh men
- ▶ Men in Wales are 7% more at risk than Englishmen
- ▶ Biology Matters. The following factors increase your risk of prostate cancer:

**Family history**  
1 in 3

**Ethnicity**  
1 in 4 black men

**Age**  
Risk is higher for men aged 50 and over

# Assess Your Risk and Take Appropriate Action

