

SYMPTOM SCORECARD

Start the discussion. Early detection is your best defense.
Have you noticed any of the following when you have gone to the bathroom to urinate over the past month? Circle the correct answer for you and write your score in the right hand column.

PORTAGE COUNTY

**Prostate
CANCER
Coalition**

Educating men about prostate cancer screening



	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	Your Score
Incomplete Emptying - It does not feel like I empty my bladder all the way.	0	1	2	3	4	5	
Frequency - I have to go again less than two hours after I finish urinating.	0	1	2	3	4	5	
Intermittency - I stop and start again several times when I urinate.	0	1	2	3	4	5	
Weak Stream - I have a weak urinary stream.	0	1	2	3	4	5	
Straining - I have to push or strain to begin urination.	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 times	Your Score
Nocturia - I get up to urinate after I go to bed until the time I get up in the morning.	0	1	2	3	4	5	

Total AUA Symptom Score:

*Total Score: 0-7 mild symptoms; 8-19 moderate symptoms; 20-35 severe symptoms

Quality of Life due to Urinary Symptoms							
If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?	Delighted	Pleased	Mostly Satisfied	Mixed: about equally satisfied and dissatisfied	Mostly Dissatisfied	Unhappy	Terrible

*Take this card along to your next office visit for a further discussion with your primary care physician or health care provider. Early detection is your best defense.