

YOUR PROSTATE RISK ASSESSMENT SHEET

| | Under 40 | 40-55 | 55-67 | 68-80 | Above 80 |
|---|-------------------|------------------|------------------|----------------|----------------------|
| What age group are you in? | 1 | 2 | 3 | 4 | 5 |
| In the last month: | Not at all | Rarely | Sometimes | Often | All the time |
| How often do you have stinging or pain during urination? | 0 | 1 | 2 | 3 | 4 |
| How often does your urine stream stop and restart during urination? | 0 | 1 | 2 | 3 | 4 |
| How often do you feel your bladder is still filled, even after urinating? | 0 | 1 | 2 | 3 | 4 |
| How often do you find yourself rushing to the toilet to empty your bladder? | 0 | 1 | 2 | 3 | 4 |
| How often do you have split urine? | 0 | 1 | 2 | 3 | 4 |
| How often do you have pain while ejaculating or have bloody ejaculation? | 0 | 1 | 2 | 3 | 4 |
| How often are you able to get and sustain an erection? | 0 | 1 | 2 | 3 | 4 |
| | None | 1-2 times | 3 times | 4 times | >5 times |
| How many times do you get up at night to urinate | 0 | 1 | 2 | 3 | 4 |
| | Not sure | No | Slightly | Yes | Significantly |
| Are you obese or overweight? | - | 0 | 1 | 2 | 4 |
| Do you have a relative diagnosed with prostate cancer before age 60? | 0 | 0 | - | 2 | - |
| Have you had unexplained weight loss in the past few months | - | 0 | 1 | 2 | 4 |
| Do you have pain in your back, pelvis or hips? | - | 0 | 1 | 2 | 4 |

Score: 0 – 11: Mild 12 – 21: Medium 22 and above: Severe

If your symptom score is more than 12, please see a physician.

| Quality of Life due to symptoms | Happy | Satisfied | unconcerned | Dissatisfied | Unhappy |
|---|--------------|------------------|--------------------|---------------------|----------------|
| If you were to spend the rest of your life with your condition just the way it is now, how would you feel about that? | 1 | 2 | 3 | 4 | 5 |

NB: These symptoms can be caused by other things besides prostate cancer, however it is recommended that you check with a doctor to know the underlying cause of symptoms to ensure you receive the right treatment.

Adapted from the International Prostate Symptom Score