

# SWEDEN GHANA MEDICAL CENTRE

## Do you know your risk for Prostate Cancer?

AGE RISK FACTOR					
What age group are you in?	Under 40	40-55	56-67	68-80	Over 80
Circle Your Risk Factor	1	2	3	4	5
URINARY AND SEXUAL SYMPTOMS*					
How often have you experienced the symptoms below in the past month?	Not at all	Rarely	Sometimes	Often	All the time
	Circle Your Risk Factor				
Stinging or pain during urination?	0	1	2	3	4
Getting up at night to urinate?	0	1	2	3	4
Urine stream stops and restarts during urination?	0	1	2	3	4
Feeling your bladder is still filled, even after urinating?	0	1	2	3	4
Rushing to the toilet to empty your bladder?	0	1	2	3	4
Urine stream splits?	0	1	2	3	4
Pain while ejaculating?	0	1	2	3	4
Blood in your ejaculated semen?	0	1	2	3	4
Ability to get and sustain an erection?	0	1	2	3	4
LIFESTYLE AND FAMILY RISK FACTORS					
Are any of the following statements true for you?	No	Not sure	Slightly	Yes	A lot!
	Circle Your Risk Factor				
Are you obese or overweight?	0	1	2	3	4
Do you have a relative who had prostate cancer before 60?	0	1	2	3	4
Have you had unexplained weight loss in the past few months?	0	1	2	3	4
Do you have pain in your back, pelvis or hips?	0	1	2	3	4
CALCULATE YOUR RISK SCORE					
Add your total for each column					
Add these column totals for your overall risk factor					
Review your Level of Risk	Low	Mild	Medium	High	Severe
Match your score	0 to 10	11 to 15	16 to 20	21 to 30	31+
If you scored higher than 15, please visit your doctor for a consultation or call us at +233 (0) 508 559 514					
QUALITY OF LIFE ASSESSMENT					
If you had to spend the rest of your life with these symptoms, how would you rate your quality of life?	I am happy with life <input type="checkbox"/>	I can accept my life <input type="checkbox"/>	It does not matter <input type="checkbox"/>	It would be hard <input type="checkbox"/>	I would be unhappy <input type="checkbox"/>
<p>*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.</p>					
REMEMBER: EARLY DETECTION LEADS TO BETTER TREATMENT OPTIONS.					

**Sweden Ghana Medical Centre –**  
 Best Private Cancer Care in West Africa  
 For more information about Prostate Cancer,  
 please:  
 Find us on the web: [www.sgmccancercentre.com](http://www.sgmccancercentre.com)  
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 Call us: **(+233) 508 559 514**

