

BPH – (Benign Prostatic Hyperplasia) Symptom Questionnaire Developed by the American Urological Association

How do you know if you have BPH and how severe it is? Take the below Symptom Score Test and find out.

This simple test will determine your score. Simply assign a point value to the questions below.

Key: None = 0 points, Less than one time in five = 1 point, Less than half the time = 2 points, about half the time = 3 points, More than half the time = 4 points, Almost always = 5 points.

QUESTIONS:

- 1) **Incomplete emptying:** Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating? _____
- 2) **Frequency:** Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating? _____
- 3) **Intermittency:** Over the past month, how often have you found that you stopped and started again several times when you urinate? _____
- 4) **Urgency:** Over the past month, how often have you found it difficult to postpone urination? _____
- 5) **Weak-Stream:** Over the past month, how often have you had a weak urinary stream? _____
- 6) **Straining:** Over the past month, how often have you had to push or strain to begin urination? _____
- 7) **Nocturia:** Over the past month, how many times did you typically get up at night to urinate? _____

Symptom Score: Add up the points to all questions to determine the severity of our BPH symptoms.

Symptom Score Severity: 0-7 = Mild, 8-19 = Moderate, 20-35 Severe.

Most men with mild symptoms choose to receive no treatment. Those with moderate symptoms often try pharmaceutical relief under the guidance of a physician. Those with moderate to severe symptoms often opt for more aggressive intervention based on the recommendations and guidance of a health professional.



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