

## DETERMINE YOUR BPH SYMPTOMS

The American Urological Association symptom index is used to determine your symptom severity. Please answer the following questions based upon your experience over the past month. Circle your answers and add up your scores at the bottom.

Over the past month	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always				
1. How often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5				
2. How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5				
3. How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5				
4. How often do you find it difficult to postpone urination?	0	1	2	3	4	5				
5. How often have you had a weak urinary stream?	0	1	2	3	4	5				
6. How often have you had to push or strain to begin urination?	0	1	2	3	4	5				
7. How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	None	1	2	3	4	5				
Add Symptom Scores		<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>

**Total AUA Symptom Score** =

The total score runs from 0 to 35 points. Higher scores indicate more severe symptoms. Scores less than seven are considered mild and generally do not warrant treatment. Regardless of the score, if your symptoms are bothersome you should notify your doctor.