

# Prostate Cancer Screening

## Talking to Your Health Care Team

### Assessment Tool



This fact sheet is meant for all people with a prostate gland. It is of great value to know that all people who are born genetically male have a prostate and thus should be aware of prostate cancer.

### Why Talking with Your Health Care Team May Help

Understanding more about your symptoms may help you take control. A visit to your health care provider is the right time to ask questions. Read the questions on both pages and answer them based on the last month. Share your completed assessment with your health care provider. Your answers on this assessment may help you measure your symptoms and how much they may bother you. There may be great value in talking about how results could impact you and your family.

### Do you have any symptoms (problems when peeing)?

- I have some urinary symptoms (problems when peeing). See next page to identify and score your symptoms.

*We recommend that you talk with a health care team about your symptoms.*

### Are you more likely to benefit from prostate cancer screening?

- I have a **family history** of prostate cancer and am **40-69 years old**. My (circle all that apply) father, brother, uncle, grandfather, son had prostate cancer. Age when family member's prostate cancer was found, if known: \_\_\_\_\_
- I am **African-American** and am **40-69 years old**.
- I am **45-69 years old**.
- I am over 70

*If you checked ANY of the boxes above and you have NOT had a prostate cancer test within the past two years, the American Urological Association recommends you talk with a health care provider to see if prostate cancer testing is right for you.*

### Are you less likely to benefit from prostate cancer screening?

If you answered no to all of the questions in the boxes above, the American Urological Association does not recommend you get routine prostate cancer screening at this time. But you may still want to talk with your health care provider about prostate cancer screening or any other questions or symptoms you may have.

### Would you like to talk to a health care provider?

- I have decided NOT to talk to a health care provider. (*You are done.*)
- I have decided to talk to a health care provider about prostate cancer screening or other prostate health issues.

### If you have already been seen by a health care provider, what have you decided to do?

After talking with a health care provider about the risks and benefits of prostate cancer screening, I have decided:

- Not to be tested for prostate cancer.
- To be tested for prostate cancer.



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#### American Urological Association (AUA) Symptom Score

Have you noticed any of the following when you have gone to the bathroom to pass urine over the past month? Circle the correct answer for you and write your score in the right hand column. Talk with a health care provider if your total score on the first seven questions is 8 or greater or if you are bothered at all.

	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
<b>Incomplete emptying</b> — It does not feel like I empty my bladder all the way.	0	1	2	3	4	5	
<b>Frequency</b> — I have to go again less than two hours after I finish urinating.	0	1	2	3	4	5	
<b>Intermittency</b> — I stop and start again several times when I urinate.	0	1	2	3	4	5	
<b>Urgency</b> — It is hard to wait when I have to urinate.	0	1	2	3	4	5	
<b>Weak stream</b> — I have a weak urine stream.	0	1	2	3	4	5	
<b>Straining</b> — 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 or more	Your score
<b>Nocturia</b> — 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	
<b>Total AUA Symptom Score</b>							
<b>Total score:</b> 0–7 mildly symptomatic; 8–19 moderately symptomatic; 20–35 severely symptomatic.							
<b>Quality of life due to urinary symptoms</b>	Delighted	Pleased	Mostly satisfied	Mixed: about equally satisfied and dissatisfied	Mostly dissatisfied	Unhappy	Terrible
If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?	0	1	2	3	4	5	6

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