

## U-Check Screener: Are you at Risk?

The following questionnaire can help you determine how bothersome your urinary symptoms are and whether you should see your doctor.<sup>8</sup>

**Check off the statements below that apply to your symptoms and discuss the results with your doctor.**

- You normally have a sensation of not emptying your bladder completely after you have finished urinating.
- You often need to urinate again less than two hours after you have finished urinating.
- You find yourself stopping and starting again several times when you urinate.
- You find it difficult to postpone urination.
- Your urinary stream is weak.
- You find yourself having to push or strain to begin urination.
- You get up to urinate three or more times from the time you go to bed at night until the time you get up in the morning.
- You go to the bathroom much more than you used to and start to change your routine to accommodate for extra bathroom trips.

If you have checked four or more of these statements, or if you haven't checked the majority of statements but your symptoms are troublesome, talk to your doctor. Only your doctor can tell you if the symptoms you're experiencing are due to Benign Prostatic Hyperplasia (BPH), also known as enlarged prostate, or another prostate disease.

## Want to Minimize the Impact of Your BPH Symptoms?

There are no easy answers, but here are some tips to help minimize the impact of BPH on your lifestyle.<sup>9</sup>

- Stay active—inactivity can cause urinary retention
- Each time you go to the bathroom try to fully empty your bladder
- During the day try to urinate on a schedule, whether or not you feel the need to go
- To reduce your need to go to the bathroom at night, stop drinking water and other liquids after 8 p.m.
- Limit alcohol consumption

## Are You Experiencing Sexual Difficulties?

You might avoid addressing certain BPH symptoms because you're concerned about possible sexual performance side effects. However, if you are experiencing certain sexual problems, they might be related to lower urinary tract symptoms (LUTS) associated with BPH.

While it is true that certain changes in sexual function, such as decreased libido and erectile dysfunction, do occur as men age, experts have found a link between LUTS due to BPH and certain sexual problems.<sup>4</sup>

It is important to speak to your doctor about any sexual issues you are having that might be linked to BPH so you may be treated properly.

## About Back to Life Without Interruptions

Created by the Men's Health Network (MHN), the *Back to Life Without Interruptions* program aims to encourage men to address their urinary symptoms that may be caused by BPH or enlarged prostate, so they may get back to their lives without daily interruptions. The campaign encourages men to complete the self-assessment and to consult a physician about diagnosis and treatment of urinary symptoms.

MHN is a non-profit educational organization comprised of physicians, researchers, public health workers, individuals, and other health professionals. MHN is committed to improving the health and wellness of men through educational campaigns, partnerships with retailers, and other private entities, workplace health programs, data collection, and work with health care providers to provide better programs and funding for men's health needs.

## Resources

For more information on BPH and treatments to help you get "*Back to Your Life Without Interruptions*," refer to the following sources:

[www.nointerruptions.com](http://www.nointerruptions.com)  
**866-543-6461, ext. 101**  
[www.prostatedisease.org](http://www.prostatedisease.org)

*This brochure is made possible by the campaign sponsor, sanofi-aventis, a member of the sanofi-aventis Group.*



## References:

- 1 Paterson R, Goldenberg L (2001). Benign prostatic hyperplasia. In J Teichman, ed., 20 Common Problems in Urology, part 2, chap. 13, pp. 185-198. New York: McGraw-Hill.
- 2 Wei, John; Calhoun, Elizabeth; Jacobsen, Steven J., et al. UROLOGIC DISEASES IN AMERICA PROJECT: BENIGN PROSTATIC HYPERPLASIA. *Journal of Urology*. 173(4):1256-1261, April 2005.
- 3 Panser LA, Rhodes T, Girman CJ, et al. Sexual function of men ages 40 to 79 years: the Olmsted County Study of Urinary Symptoms and Health Status Among Men. *J Am Geriatr Soc* 1995;43: 1107-11
- 4 Rosen R, O'Leary M, Altwein J, et al. LUTS and male sexual dysfunction: The Multi-National Survey of the Aging Male (MSAM-7). Sanofi-Synthelabo [Abstract and slide kit] May 2002.
- 5 Hellstrom, Wayne J.G. Benign Prostatic Hyperplasia, Sexual Function, and Evaluation of the Male Patient. *Journal of the American Osteopathic Association*. Supplement 2. Vol. 104. No. 2. February 2004.
- 6 McConnell JD. Benign prostatic hyperplasia: diagnosis and treatment. Benign Prostatic Hyperplasia Guideline Panel. Rockville, Md.: U.S. Dept. of Health and Human Services, Public Health Service, Agency for Health Care Policy and Research, 1994; Clinical practice guideline no. 8, AHCPR publication no. 94-0582.
- 7 Council for Urogenital Health, faculty opinion. Source: Hellstrom, Wayne J.G. Benign Prostatic Hyperplasia, Sexual Function, and Evaluation of the Male Patient. *Journal of the American Osteopathic Association*. Supplement 2. Vol. 104. No. 2. February 2004.
- 8 Barry MJ, et al. (1992). The American Urological Association symptom index for benign prostatic hyperplasia. *Journal of Urology*, 148: 1549-1557.
- 9 [www.prostatedisease.org](http://www.prostatedisease.org)

*Please Note: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.*

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# Back to Life Without Interruptions



More than 50% of men age 50 and over experience interruptions in business meetings, sporting events, or road trips due to frequent urination, according to a new consumer survey conducted by the Men's Health Network.

## Are You Living Your Life Without Interruptions?

**MHN Men's Health Network™**

**BUILDING HEALTHY FAMILIES ONE MAN AT A TIME™**

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[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org) • [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

## Is Your Life Interrupted on a Daily Basis by Any of These Symptoms?

- Frequent urination
- Hesitancy in urination
- Decreased force in urine stream
- Difficulty or pain while urinating
- Urinating at night
- Change in sexual performance

If so, you might be experiencing symptoms of an enlarged prostate, Benign Prostate Hyperplasia (BPH), a noncancerous enlargement of the prostate gland. BPH is not prostate cancer and it is not a sign that cancer will develop, however, certain symptoms can be similar.

## You are Not Alone. Many Men Suffer in Silence.

- About half of all men over age 50 experience some BPH symptoms.<sup>1</sup>
- BPH affects nearly 3 out of 4 men during their 70s.<sup>2</sup>

Because BPH symptoms occur gradually, men often change their daily routines to accommodate their symptoms instead of seeking ways to live without interruptions.

How severe would your symptoms have to be before consulting a physician? Fill out the U-Check Screener and a "Disruption Scale" in this brochure to help assess the severity of your symptoms and whether you should see your doctor.

## Don't Live With BPH Symptoms, Learn How to Live Without Them

## What is BPH?

Benign Prostatic Hyperplasia (BPH), commonly known as enlarged prostate, occurs in almost all men as they age. The enlargement is usually harmless, but it often results in problems urinating, pain, and discomfort, which can sometimes lead to a worsened sexual performance, reduced sex drive, or more frequent erectile dysfunction (ED).<sup>1,3</sup>



## What To Ask Your Doctor

Although the topic might be embarrassing to you, it is best to remember that there isn't much your doctor hasn't heard before. Your doctor will only be able to provide the most appropriate diagnosis and treatment options when you are specific and honest in discussing your symptoms and the disruptions they cause to your daily life.

**For your next doctor's visit, you may consider the following recommendations:**

- Take note of your symptoms so you are able to discuss your condition in detail
- Be open with your doctor on any sexual issues you experience as these are important to your diagnosis and treatment
- Address any previous prostate diseases or related conditions you may have had
- Inquire about BPH tests and screenings usually performed for diagnosis
- Discuss the benefits, risks, side effects, and available treatments with your doctor, as newer treatments may be more appropriate for you

## What Treatment is Available?

Many men aren't aware of the variety of treatments available for their symptoms. They don't think to ask because they assume treatment may lead to compromises in quality of life including sexual function. Treatment is strongly recommended for BPH symptoms that interrupt your life so they don't lead to future health risks, such as urinary tract infections, bladder or kidney damage, bladder stones, and incontinence.<sup>5</sup>

Traditional prescription or surgical treatments may not be necessary right away. A "watchful waiting" approach, for instance, is when a patient who experiences mild to moderate changes in urinary patterns talks to his doctor regularly to determine if his condition has improved, worsened, or stayed the same.<sup>6</sup>



## Do You Need Treatment?

If you experience a change in your urinary patterns and need to urinate much more than you used to, you should see a doctor immediately to first determine the cause and if it's due to BPH. Then you can discuss your treatment options including newer treatments that may be more appropriate.

Choosing treatment requires cooperation between you and your doctor and together you can review the risks and benefits of each therapeutic option.<sup>7</sup>

## Disruption Scale

On a scale of 1 to 5, where 1 is "no disruption at all" and 5 is "very severe disruption," please rate the severity of your symptoms when answering the following questions.

How disruptive to your daily routine, including your sex life, are your urinary problems?

Not Severe		Moderately Severe		Very Severe
1	2	3	4	5

How disruptive would you find an interruption to a personal event, such as a wedding or graduation, due to your urinary problems?

Not Severe		Moderately Severe		Very Severe
1	2	3	4	5

How disruptive would you find an interruption to a professional event such as a business lunch, meeting or seminar?

Not Severe		Moderately Severe		Very Severe
1	2	3	4	5

How disruptive to your daily routine would your urinary problems have to be before seeing a doctor about them?

Not Severe		Moderately Severe		Very Severe
1	2	3	4	5

According to a survey, nearly half (45%) of men over age 50 said they would have to be experiencing urinary problems or complications for several weeks before seeing a doctor.

If you rated your disruption as a three or higher on this scale, you should discuss options with your doctor to reduce your disruptions and get back to your life.