

Prostate Cancer Screening Assessment Tool

Urology Care
FOUNDATION™
*The Official Foundation of the
American Urological Association*

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 provider 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 **55-69 years old**.
- ☐ I am over 70 and take no more than one prescription drug [am in excellent health.]

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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Prostate Cancer Screening

Assessment Tool

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
Incomplete emptying – It does not feel like I empty my bladder all the way.	0	1	2	3	4	5	
Frequency – I have to go again less than two hours after I finish urinating.	0	1	2	3	4	5	
Intermittency – I stop and start again several times when I urinate.	0	1	2	3	4	5	
Urgency – It is hard to wait when I have to urinate.	0	1	2	3	4	5	
Weak stream – I have a weak urinary stream.	0	1	2	3	4	5	
Straining – 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
Nocturia – 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	

Total AUA Symptom Score

Total score: 0-7 mild symptoms; 8-19 moderate symptoms; 20-35 severe symptoms

Quality of life due to urinary symptoms							
If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?	Delighted	Pleased	Mostly satisfied	Mixed: about equally satisfied and dissatisfied	Mostly dissatisfied	Unhappy	Terrible

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ZERO
THE END OF PROSTATE CANCER

AFRICAN-AMERICAN MEN AND PROSTATE CANCER BY THE NUMBERS

EVERY



A MAN IS DIAGNOSED
WITH PROSTATE CANCER

1 in 5

AFRICAN-AMERICAN MEN
WILL BE DIAGNOSED WITH PROSTATE CANCER
AT SOME POINT IN HIS LIFE



EVERY



A MAN
DIES OF PROSTATE
CANCER

PROSTATE CANCER IS THE SECOND MOST
COMMONLY DIAGNOSED CANCER AMONG MEN

TODAY, THERE ARE
2.8 MILLION
PROSTATE CANCER SURVIVORS IN USA

1.6X

AFRICAN-AMERICAN MEN
MORE LIKELY TO BE
DIAGNOSED WITH
PROSTATE CANCER

2.4X

AFRICAN-AMERICAN MEN
MORE LIKELY TO DIE FROM
PROSTATE CANCER

220,800

MEN WILL BE
DIAGNOSED WITH
PROSTATE CANCER
IN



5 years



Nearly **100%** of African-American men
diagnosed with prostate cancer will be **alive**
five years after their diagnosis.

27,540 men will die
FROM PROSTATE CANCER IN 2015

WHAT CAN I DO?

KNOW
YOUR RISK

RISK FACTORS

RACE
FAMILY
HISTORY
AGING
DIET
GENE
CHANGES
CHEMICALS



GET TESTED

TALK TO YOUR
DOCTOR



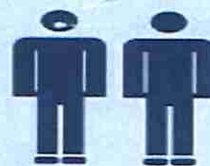
MAKE A PLAN
TO GET TESTED

MAINTAIN A
HEALTHY LIFESTYLE



BE ACTIVE, EAT
NUTRITIOUS MEALS,
MAINTAIN A HEALTHY
WEIGHT

SPREAD THE
WORD



TELL A FRIEND

