PROSTACARE-INFO

Check your risk.

In 30 seconds.

Intro: It is the most cancer in men, but the earlier you find it, the easier it is to treat.

Answer these quick questions to check your risk. These questions are part of the validated international prostate symptom scores (IPSS).

Urinary symptoms.

1. How old are you?
2. Under 45
3. 45-49
4. 50-54
5. 55 or older
6. Did any of your close family members (brother, father, uncle) suffer from prostate cancer in the past or now?
7. Yes
8. No (or don’t know)
9. Black men are more at a risk of prostate cancer. Do you have black or mixed black ethnicity?
10. Yes
11. No
12. How often have you had a sensation of not emptying your bladder completely after you have finished urinating?
13. Never
14. About 1 time in 5
15. About 2 times in 3
16. Almost always
17. How often have you had to urinate again less than 2 hours after you have finished urinating?
18. Never
19. About 1 time in 5
20. About 2 times in 3
21. Almost always
22. How often have you found it difficult to hold back urinating after you have felt the need?
23. Never
24. About 1 time in 5
25. About 2 times in 3
26. Almost always
27. How often have you noticed a reduction in the strength and force in your urinary stream?
28. Never
29. About 1 time in 5
30. About 2 times in 3
31. Almost always
32. How often have you had to push or strain to begin urinating?
33. Never
34. About 1 time in 5
35. About 2 times in 3
36. Almost always
37. From the time you go to bed at night until you rise up in the morning, how many time do you need to get up to urinate?
38. Never
39. About 1 time in 5
40. About 2 times in 3
41. Almost always

SCORING

Certainly! Let's analyze each question individually based on the risk factors for prostate cancer indicated by the answers:

1. \*\*Age: \*\*

- Under 45: Lower risk (0 points)

- 45-49: Moderate risk (1 point)

- 50-54: Moderate risk (2 points)

- 55 or older: Higher risk (3 points)

2. \*\*Family History: \*\*

- Yes (any close family member affected): Higher risk (1 point)

- No (or don’t know): Lower risk (0 points)

3. \*\*Ethnicity (Black or mixed Black): \*\*

- Yes: Higher risk (1 point)

- No: Lower risk (0 points)

4. \*\*Sensation of not emptying bladder completely: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

5. \*\*Urinating again less than 2 hours after finishing: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

6. \*\*Difficulty holding back urination: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

7. \*\*Reduction in urinary stream strength: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

8. \*\*Pushing or straining to begin urination: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

9. \*\*Frequency of nighttime urination: \*\*

- Never: Lower risk (0 points)

- About 1 time in 5: Moderate risk (1 point)

- About 2 times in 3: Higher risk (2 points)

- Almost always: Higher risk (3 points)

### Example Interpretation:

For example, if someone answered:

1. 55 or older (3 points)

2. No (0 points)

3. No (0 points)

4. Almost always not emptying bladder completely (3 points)

5. Almost always urinating again less than 2 hours after finishing (3 points)

6. Almost always difficulty holding back urination (3 points)

7. Almost always reduction in urinary stream strength (3 points)

8. Almost always pushing or straining to begin urination (3 points)

9. Almost always getting up at night to urinate (3 points)

Their total score would be 21 points, indicating a higher risk based on the scoring system.

This approach allows each question to independently contribute to assessing the risk of prostate cancer based on recognized risk factors and symptoms associated with the disease.

**SCORING INTERPRETATION**

8 and below: low risk

7- 16: moderate risk

17 and above: high risk

Maximum is 23.