



## Prostate Questionnaire for Men

Score your symptoms of prostatism by totaling your 3 scores in the far right column.

In the past week:	No problem	Not really a problem	Maybe a problem	A real problem	A nagging problem	Hard to tolerate	Your score
1. Frequency during the day: How long did you usually last between trips to urinate?	Over 4 hours 0	3-4 hours 1	2-3 hours 2	2 hours 3	1-2 hours 4	An hour 5	
2. Urgency: How often did you find it difficult or painful to postpone urination?	Never 0	Rarely 1	Occasionally 2	Frequently 3	Most of the time 4	Always 5	
3. Urinating at night: How many times did you get up at night to urinate?	Never 0	Rarely 1	Occasionally 2	Frequently 3	Most of the time 4	Always 5 or more	
<b>Total Score</b>							

If your total score was 6 or more, or if your score on any 1 item was 3 or more, you may have moderate to severe lower urinary tract symptoms (LUTS) and may need a medical evaluation. If you've already had a medical evaluation and want to avoid medication or get more relief, try Dr. Pyke's Supplement for Stream (S4S); it may be the supplement you're looking for.





## Prostate Primer

Most men eventually ask, Why am I peeing so much? The answer is usually: because your prostate gland has enlarged with age. The prostate gland sits low in the pelvic region surrounding the urethra, the tube that conducts urine out of the bladder and into the penis. Male hormone output from the testes told your prostate to grow when you were a teenager, and those signals don't stop even in old age. As the prostate enlarges, it impinges on the urethra, limiting how much and how quickly urine flows out of the bladder.

The first sign of a prostate problem is often one of the 3 symptoms below. Urinary frequency means going more often during the day than you used to. Nocturia is having to go in the middle of the night even when you're not drinking any fluids. Urgency is the longing or pain that can only be relieved by peeing; it's a sign of the increased pressure in the bladder. Or your first sign might be incomplete emptying (the feeling of not emptying your bladder enough), intermittency (you stop peeing and start again more than once), weak stream (dribbling), or straining (having to bear down to start peeing). Yes, an enlarged prostate can bother you at least seven different ways, but even these symptoms of prostatism are not the whole list of prostate woes; they're only the more benign ways that prostate gland problem symptoms can bother you. Without relief, urine blocked from passing (excessive residual volume in the bladder) can cause infections, and the pressure it causes in the urinary tract makes the urinary vessels develop thick muscular walls. That impairs urination further and can eventually damage the kidneys. Try Dr. Pyke's Supplement for Stream (S4S) for relief of prostate-related symptoms.

