

DO YOUR WATERWORKS NEED A CHECKUP?

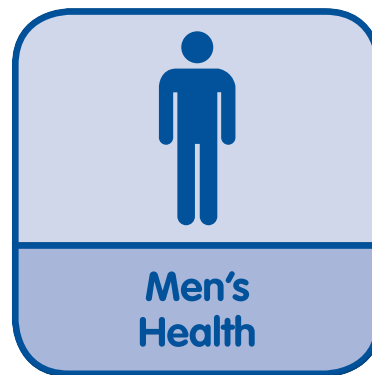
SYMPTOMS OF BENIGN PROSTATIC HYPERPLASIA (BPH) MAY INCLUDE:

- ✓ Problems with starting urination
- ✓ Frequent urination, particularly throughout the night
- ✓ Urgency
- ✓ Incontinence
- ✓ Reduced flow of urine
- ✓ Passing drops of urine when you think you have finished.

These symptoms are often treatable so don't put up with the discomfort any longer!

Take the I-PSS questionnaire inside to determine whether your symptoms need to be addressed.

SPEAK TO YOUR LOCAL GUARDIAN PHARMACIST OR GP TODAY FOR MORE INFORMATION ABOUT TREATMENT OPTIONS.



NEED HELP WITH YOUR WATERWORKS?

Speak to your
pharmacist today for
advice in confidence
about any issues relating
to your waterworks.

Guardian

www.guardianpharmacies.com.au

BE A MAN

IT'S TIME TO TAKE CARE OF YOUR WATERWORKS

1 IN 3 **OVER THE AGE OF 65**
EXPERIENCE URINARY PROBLEMS*

**IF LEFT UNTREATED
URINARY SYMPTOMS CAN LEAD TO
SERIOUS COMPLICATIONS**
DON'T IGNORE THEM!

gsk

*National Institute for Health and Care Excellence (UK). (2013, September). Lower urinary tract symptoms in men. Retrieved from nice.org.uk/guidance/QS45/chapter/introduction.

Guardian PHARMACY
Advice. Trust. Care.

**DO YOU WAKE UP DURING THE NIGHT
NEEDING TO GO TO THE TOILET?**

OR

**DO YOU GO TO THE TOILET
A LOT DURING THE DAY?**

ABOUT THE I-PSS*

The I-PSS is based on answers to eight questions, seven concerning urinary symptoms and one concerning quality of life. These questions allow you to choose answers based on an increasing severity of the particular symptom. Your total score will determine the severity of your symptoms.

SCORING

The answers are assigned points from 0 to 5. Complete the questionnaire and total your points at the end of question 7. The total score for questions 1-7 will range from 0 (asymptomatic) to 35 (very symptomatic).

WHAT YOU SHOULD DO:

This test is a guide to help you think about symptoms that you may not have noticed. If you have any of these symptoms relating to your waterworks, no matter how mild, make sure you talk to your Guardian pharmacist or GP today.

INTERNATIONAL PROSTATE SYMPTOM SCORE (I-PSS)

| IN THE PAST MONTH | NOT AT ALL | LESS THAN 1 IN 5 TIMES | LESS THAN 1/2 THE TIME | ABOUT 1/2 THE TIME | MORE THAN 1/2 THE TIME | ALMOST ALWAYS | YOUR SCORE |
|--|------------|------------------------|------------------------|--------------------|------------------------|---------------|------------|
| 1. Incomplete Emptying How often have you had the sensation of not emptying your bladder? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 2. Frequency How often have you had to urinate less than every two hours? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 3. Intermittency How often have you found you stopped and started again several times when you urinated? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 4. Urgency How often have you found it difficult to postpone urination? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 5. Weak Stream How often have you had a weak urinary stream? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 6. Straining How often have you had to strain to start urination? | 0 | 1 | 2 | 3 | 4 | 5 | |
| | None | 1 Time | 2 Times | 3 Times | 4 Times | 5 Times | |
| 7. Nocturia How many times did you typically get up at night to urinate? | 0 | 1 | 2 | 3 | 4 | 5 | |
| TOTAL I-PSS SCORE | | | | | | | |

| QUALITY OF LIFE DUE TO URINARY SYMPTOMS | DELIGHTED | PLEASED | MOSTLY SATISFIED | MIXED | MOSTLY DISSATISFIED | UNHAPPY | TERRIBLE |
|--|-----------|---------|------------------|-------|---------------------|---------|----------|
| If you were to spend the rest of your life with urinary condition just the way it is now, how would you feel about that? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

SCORE:

| | | |
|----------|---------------|--------------|
| 0-7 MILD | 8-19 MODERATE | 20-35 SEVERE |
| 1 | 10 | 20 |
| | | 35 |