

"TIME OUT FOR MEN'S HEALTH" QUIZ

Statistics show that men do not see a doctor for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions. So, the Men's Health Network (MHN) compiled some standard health questionnaires to help you prepare for your next doctor visit. The "Time Out" quiz asks you a series of questions to determine if you are at risk for certain men's health concerns, such as heart disease and low testosterone. Answer the questions as well as you can. Review your answers with your health care provider or email hws-wellness@ufl.edu if you would like to talk with a health educator. *Please visit www.menshealthnetwork.org for more information.*

CITY: _____ **STATE:** _____ **ZIP:** _____
RACE: Asian Black Hispanic Native American White Other: _____ **AGE:** _____

DEPRESSION *

Depression is a serious medical illness that negatively affects how you feel, the way you think, and how you act. It is a common illness affecting an estimated six million U.S. men annually. Please answer the following questions in relation to the past two weeks. **Check the answers which apply to you:**

YES NO

- Do you have any changes in appetite that result in weight losses or gains not related to dieting?
- Do you have insomnia or oversleep?
- Do you have a loss of energy or increased fatigue?
- Are you restless or irritable?
- Do you have feelings of worthlessness or inappropriate guilt?
- Do you have difficulty thinking, concentrating, or making decisions?
- Do you have thoughts of death or suicide or attempts at suicide?

Depression may be diagnosed by your physician if you experience 1) persistent feelings of sadness or anxiety or 2) loss of interest or pleasure in usual activities in addition to five or more of the above symptoms for at least 2 consecutive weeks.

**Adapted from American Psychiatric Association (www.psych.org)*

LOW TESTOSTERONE *

Characterized by diminished interest in sex, erectile dysfunction, reduced muscle mass and strength, decreased bone density, depression and fatigue, low testosterone affects approximately four to five million American men. Unfortunately, only five percent of men with this condition seek treatment. **Choose the responses below to determine if you need to speak with your doctor about this condition:**

YES NO

- Do you have a lack of energy?
- Do you have a decrease in strength and/or endurance?
- Have you lost height?
- Have you noticed a decreased "enjoyment of life?"
- Are you sad and/or grumpy?
- Have you noticed a recent deterioration in your ability to play sports?
- Are you falling asleep after dinner?
- Has there been a recent deterioration in your work performance?
- Do you have a decrease in libido (sex drive)?
- Are your erections less strong?

If you answer yes to the final 2 questions, or at least three of the other questions you may have low testosterone. Your doctor can confirm if you have low

testosterone with a simple blood test and discuss with you available treatment options.

**Saint Louis University Androgen Deficiency in Aging Men (ADAM) Questionnaire (www.menshealthnetwork.org/timeout)*

BENIGN PROSTATIC HYPERPLASIA (BPH) *

One of the causes of urinary complications in men over 50 is a treatable condition called benign prostatic hyperplasia (PBH). In fact, it has been estimated that by the age of 80, 1 in every 4 men in the U.S. will require treatment of their urinary complications caused by BPH. **Please circle the answer that best represents your response to each of the following questions for over the past month:**

- | | |
|----------------------------|----------------------------|
| 0: Not at all | 3: About half the time |
| 1: Less than 1 time in 5 | 4: More than half the time |
| 2: Less than half the time | 5: Almost always |

- 0 1 2 3 4 5 How often have you had a sensation of not emptying your bladder completely after you have finished urinating?
- 0 1 2 3 4 5 How often have you had to urinate again less than 2 hours after you have finished urinating?
- 0 1 2 3 4 5 How often have you found you stopped and started again several times when you urinated?
- 0 1 2 3 4 5 How often have you found it difficult to postpone urination?
- 0 1 2 3 4 5 How often have you had a weak urinary stream?
- 0 1 2 3 4 5 How often have you had to push or strain to begin urination?
- 0 1 2 3 4 5 How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?

Your total score: _____

- | | | |
|---------------------|------------------------|-------------|
| 0: Delighted | 3: Mixed | 5: Unhappy |
| 1: Pleased | 4: Mostly dissatisfied | 6: Terrible |
| 2: Mostly satisfied | | |

- 0 1 2 3 4 5 6 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?

Add the numbers from your answers to the above questions. A score above 28 may indicate you are at risk for BPH. The final question will help you judge how you feel about your symptoms.

**Adapted from Barry M.J. et al. The American Urological Association symptom index for benign prostatic hyperplasia. J Urol. 1992; 148:1549-1557.*

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PROSTATE CANCER*

Over 31,000 men die in the U.S. each year from prostate cancer. Fortunately, prostate cancer can be cured if detected early. Answer the following questions to assess if you are at risk. **Check the answers which apply to you:**

YES NO

- Are you over the age of 50?
- Do you have a family history of prostate cancer?
- Are you of African American descent?
- Do you have constant hip or back pain?
- Do you have difficulty urinating?
- Do you have painful or burning urination?
- Do you have blood in your urine?

If you answered yes to any of the questions, then you may be at a higher risk for prostate cancer. For men age 50 and over, and African American men aged 40 and over, a physician should test your prostate specific antigen (PSA) levels and perform a digital rectal exam (DRE) annually to screen you for prostate cancer.

*Men's Health Network (www.menshealthnetwork.org)

HEART DISEASE*

Someone dies of heart disease every 33 seconds. Men have a higher risk of heart disease than women. Answer the following questions to determine if you

are at risk for heart disease. **Check the answers which apply to you:**

YES NO

- Are you over age 51?
- Do you have immediate family member who has had a heart attack, stroke, or heart surgery?
- Do you smoke?
- Is your blood pressure consistently more than 135/85?
- Is your cholesterol level more than 200?
- Does your diet include high fat foods such as fried food, fatty meat, butter, whole milk and cheese?
- Do you exercise less than one or two times per week?
- Do you have diabetes?
- Are you 20 or more pounds overweight?
- Do you have a high stress level?
- Are you of African American or Hispanic descent?

Detection and management of heart disease risk factors is the best way to lower your personal risk. If you answered yes to any of the questions, you may be at increased risk for this disease.

*Adapted from Saint Francis Medical Center, Missouri (www.semissourian.com/sfquiz/)

Regular doctor visits can help diagnose and potentially prevent these health risks. This health quiz is not intended to provide medical advice or treatment. Men's Health Network recommends that you consult with your doctor or other healthcare professional for medical advice or treatment.



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