

Men's Health Questionnaire

As men age, it is common to develop prolonged sexual and/or bladder health conditions and to have questions about these important quality of life health conditions. Complete this questionnaire to assess your sexual and/or bladder health. If needed, treatments are available for you.

Name: _____

Date: _____

My Urologist: _____

Sexual Health Inventory for Men (SHIM)¹

Answer the sexual health questions by circling your answer and adding up your score.

1) How do you rate your confidence that you could get and keep an erection?	Very Low	Low	Moderate	High	Very High
	1	2	3	4	5
2) When you had erections with sexual stimulation, how often were your erections hard enough for penetration?	Almost never or never	A few times	Sometimes	Most times	Almost always or always
	1	2	3	4	5
3) During sexual intercourse, how often were you able to maintain your erection after you had penetrated your partner?	Almost never or never	A few times	Sometimes	Most times	Almost always or always
	1	2	3	4	5
4) During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult
	1	2	3	4	5
5) When you attempted sexual intercourse, how often was it satisfactory for you?	Almost never or never	A few times	Sometimes	Most times	Almost always or always
	1	2	3	4	5

Total score: _____

The Sexual Health Inventory for Men (SHIM) classifies ED severity with the following breakpoints:

1–7: Severe ED

8–11: Moderate ED

12–16: Mild-moderate ED

17–21: Mild ED

22–25: No ED

6) Check any ED treatments you have tried:
<input type="checkbox"/> Pills/Medication <input type="checkbox"/> Vacuum Device <input type="checkbox"/> Injection Therapy <input type="checkbox"/> MUSE™ <input type="checkbox"/> Other

If you are interested in discussing your assessment results and learning about durable treatment options, call **713-351-0630** to make an appointment your Urologist. Please bring your assessment to your appointment.

Please provide any additional information that you would like to discuss at your appointment: (Optional)

Turn over for the bladder health assessment

Bladder Health Assessment

Answer the bladder health questions by checking the boxes and filling in your information.

1) If you have had prostate cancer, how long ago did you complete your treatment?	_____Years _____Months
2) Do you experience urine leakage? If "Yes," proceed to the next question. If "No," Disregard this assessment.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3) Which symptoms best describe you? (Check all that apply)	<input type="checkbox"/> Leakage with little or no warning (sometimes unable to make it to the bathroom in time) <input type="checkbox"/> Frequent urination (day, night or both) <input type="checkbox"/> Accidental leakage with physical activity (e.g., exercising) <input type="checkbox"/> Other--_____
4) Do you wear pads or diapers, use a urine collection device or a penile clamp? (Check all that apply)	<input type="checkbox"/> Pads: how many per day _____ <input type="checkbox"/> Diapers: how many per day _____ <input type="checkbox"/> Urine collection device <input type="checkbox"/> Penile clamp
5) On a scale of 0 to 5, with 0 being no bother and 5 being extreme bother, how bothered are you by your bladder control symptoms?	0 1 2 3 4 5

If you are interested in discussing your assessment results and learning about durable treatment options, call **713-351-0630** to make an appointment with your Urologist. Please bring your assessment to your appointment.

Please provide any additional information that you would like to discuss at your appointment: (Optional)

Please let us know if you have a preference to speak with a Spanish-speaking provider.]

[For more information on sexual and/or bladder health, visit EDCure.org and FixIncontinence.com.]

If you received this letter in error please disregard

1. Cappelleri JC, Rosen RC. The Sexual Health Inventory for Men (SHIM): a 5-year review of research and clinical experience. *Int J Impot Res* . 2005 Jul-Aug;17(4):307-19.