

The International Prostate Symptom Score Test (IPSS)

Question	Score
During the last month or so, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	
During the last month or so, how often have you had to urinate again less than two hours after you finished urinating?	
During the last month or so, how often have you found you stopped and started again several times when you urinated?	
During the last month or so, how difficult have you found it to postpone urination?	
During the last month or so, how often have you had a weak urinary stream?	
During the last month or so, how often have you had to push, strain, or wait to begin urination?	
During the last month or so, how many times did you typically get up to urinate from the time you went to bed until you got up in the morning?	

Total =

To get your score, answer the first six questions on a scale of zero to five as follows:

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

Answer the last question with the actual times you woke to urinate. A score of zero to seven indicates mild dysfunction, eight to nineteen is moderate dysfunction, and above twenty is severe dysfunction.

Take the test and record your score before you start your supplement plan, and then every thirty days thereafter. When I first started supplementing for my prostate problems several years ago, my IPSS score was around twenty-seven. Currently, it runs about nine.

Always remember that there is no level of vitamin, mineral, or herbal supplementation that can overcome the negative effects of a poor diet! If you want to recover your health, it is essential that you change your lifestyle and eating habits. Dietary supplements should be viewed only as enhancements to a good diet.