

Insert name of fitness centre

## Pelvic Floor Screening Tool for Men



Did you know that bladder and bowel control problems are a common issue, affecting over 4 million Australians?

Did you know that some people are at higher risk of these problems because of a medical condition or their pelvic floor fitness?

This checklist describes some of the pelvic floor symptoms men can have. If you find that any of these symptoms apply to you, you may benefit from a modified exercise program and further help.

About you...	Yes	No
Do you have bladder or bowel control problems after surgery for prostate cancer or prostate enlargement?		
Do you have bladder or bowel control problems after pelvic radiotherapy?		
Do you have persistent pain in your pelvic area (e.g. bladder, penis, testes/scrotum, between the scrotum and anus)?		

If you answered 'Yes' to any of the questions in the first part of the survey, you could benefit from a modified exercise program, appropriate for your pelvic floor.

Do you...	Yes	No
Ever leak urine when you exercise, play sport, laugh, cough or sneeze?		
Need to get to the toilet in a hurry or not make it there in time?		
Get up more than once a night to urinate?		
Have problems controlling the contents of your bowel?		
Find it difficult to empty your bladder or bowel?		
Frequently have pain when you urinate, ejaculate or defaecate?		

If you answered 'Yes' to any of the symptoms outlined in this survey, it is important to speak to your doctor or a continence professional, as these symptoms can be assessed and treated. You don't have to put up with them.

Contact the National Continence Helpline on 1800 33 00 66 for more information, free brochures and contact details of local continence professionals. Protect your pelvic floor and stay in control. Visit [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)