

# KNOW YOUR NUMBERS!

Take the survey to know your Sexual Health Inventory for Men (SHIM) score.

**Certain men are at increased risk:**

- Over 40
- Overweight
- High blood pressure
- Low sex drive
- Smoking
- Diabetes
- High cholesterol
- Sleep disorders
- Excessive alcohol consumption

Please choose the response that best describes you for the following five questions:

**Over the past 6 months:**

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

**Total Score:** \_\_\_\_\_ 1-7 Severe ED   8-11 Moderate ED   12-16 Mild-moderate ED   17-21 Mild ED   22-25 No ED

If your score falls below 18, please call 404.605.4848 (Atlanta) or 770.400.4630 (Newnan) to schedule an appointment.

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