

The urologic healthspan assessment: measuring what protects function

A urologic healthspan assessment is a structured review of the risks and functions that can change a clinical decision, connecting urinary, sexual, kidney, metabolic, sleep, muscle, cancer-risk and medication health. It should end with a short ranked list of priorities, a schedule for each measurement and a named person responsible for follow-up.

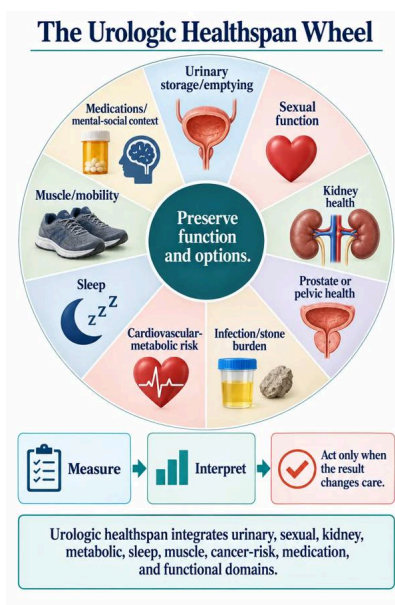


Figure 43.1. The Urologic Healthspan Wheel. Urologic healthspan integrates urinary, sexual, kidney, metabolic, sleep, muscle, cancer-risk, and medication-related health.

Key points

- The goal is a short dashboard of priorities, not a shopping list of biomarkers.
- Testosterone is measured when symptoms and context justify it, not as a universal wellness screen.
- Cancer screening is tailored to organ, age, inherited risk, health, life expectancy and willingness to act.
- Near-term threats come first, then modifiable risks, then optimizations.
- Each domain needs its own timing; an annual “longevity panel” can blur those differences.
- A plan only works if you can access, afford and carry it out.

Get prompt care if you notice

- Infected obstruction
- Urinary retention affecting the kidneys
- Significant bleeding or a concerning mass
- Unstable heart symptoms or rapid functional decline

Questions to ask your urologist

- Which functions is my plan intended to preserve?
- Which measurements can lead to useful action, and which would only add noise?
- What are my top two or three priorities right now?
- How often should each measurement be repeated, and when can a test stop?
- Who is responsible for each follow-up step?
- Can I realistically carry out this plan, and what support would help?

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