

SCREEN SMARTER

Prostate Cancer Early Detection Guidelines

Prostate Conditions Education Council (PCEC) Recommends:

A baseline prostate health assessment, including a PSA blood test and an optional digital rectal exam (DRE), for all men at age 40 years of age is beneficial for risk stratification. Based on this initial assessment, PCEC recommends that men establish a detection follow-up schedule as stated below:

- PSA > 1.5 ng/mL and or Abnormal DRE - Monitor and evaluate regularly
- PSA < 1.5 ng/mL and Normal DRE - Testing every 2-4 years, except for men at an increased risk:

At-Risk Populations:

Age: Age is the biggest risk for developing prostate cancer. If you are over 65, you are at an increased risk.

Race: Black or African American men are at twice as likely to be diagnosed and die from the disease.

Family History: Having a close relative with Prostate, Breast, Ovarian, Colorectal, Lynch Syndrome, Pancreatic, or Endometrial cancers, increase your risk of prostate cancer, especially if they were diagnosed before age 60.

Genetic Risks: Having changes in certain genes passed down from a parent. These genes include, BRCA1 or BRCA2, HOXB13 and ATM, among others.

Occupational Cancers: Studies show that some occupations where men are exposed to chemicals known to cause cancer, are at a higher risk to develop prostate cancer. Some of these occupations include: Veterans, First Responders and Farmers to name a few.

GUIDELINES	RECOMMENDATIONS
Life Expectancy	• PCEC does not advocate screening men with a decreased life expectancy due to other issues and no signs or symptoms of disease.
Additional Guidance	• PCEC believes in informing men about the pros and cons of early detection, diagnosis, and management/treatment of prostate cancer.
Men's Health Evaluation	• PCEC encourages a complete Men's Health Evaluation, which includes testing for: PSA, Testosterone, Triglycerides, Cholesterol, HDL, LDL, Glucose and new prostate cancer genomic markers and imaging tools if applicable and available.
Value of Early Detection Programs	• Early detection programs are valuable for men who may not have regular access to a physician.
Understanding Screening	• Men must understand that screening identifies the risk for prostate cancer. • Early Detection may find non-treatable cancers, and treatments can have serious side effects.
PSA Blood Test	• The PSA blood test not only looks for cancer, but also detects other prostate abnormalities. • PSA > 1.5 ng/mL may indicate prostate health conditions; consultation with Urologist is recommended.
Support for Personalized Medicine	• PCEC supports the development of personalized medicine through new genomic markers for all medical conditions, including diagnosis and prognosis of prostate cancer. • Emphasizes education and utilization of the serum biorepository for research.