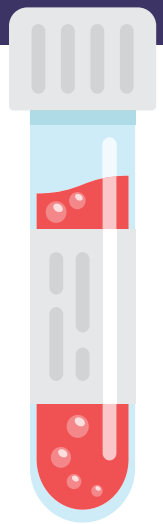
Prostate Cancer SCREENING

Is It Right For You?



PSA *Screening*

A **prostate-specific antigen (PSA)** test is a blood test that measures the level of an antigen that is produced exclusively by cells in the prostate. An increased level can signal prostate cancer or other prostate issues.

1 *in* 7

About **one in every seven men will be diagnosed with prostate cancer during his lifetime**. But, every cancer is different — including prostate cancer. Prostate cancer is a type of cancer that forms in the tissues of the prostate and most often occurs in older males.

In 2012, the US Preventive Services Task Force (USPSTF) made a recommendation against men getting PSA testing as a cancer screening. In 2017, the USPSTF drafted new recommendations that men ages 55-69 should consider the screening in consultation with their physician who should present the benefits and harms of the test. **See the next page for factors you should consider** when making the decision on whether to have the test.

Whether to get a PSA test is an individualized decision you should discuss with your primary care physician or urologist. To find a physician, visit centura.org/find-a-provider.

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SHOULD YOU GET A PSA TEST?

WHY NOT TEST?

The main risk of PSA testing is that it could lead to unnecessary treatment. In the past, if the test was positive but you didn't actually have prostate cancer, or if you had cancer but it didn't need to be treated, you could have been treated anyway with surgery or radiation therapy. Both of those treatments can cause potential harm, including incontinence and/or erectile dysfunction.

WHY TEST?

Prostate cancer is the second leading cause of cancer deaths in men. A PSA test is the easiest first-line screening for the cancer. And since the USPSTF's 2012 recommendation against screening, physicians are now recommending active surveillance (where the cancer is watched rather than initially treated) more frequently. In addition, new tests called PCMs have been developed that give more information to help guide treatment decisions.

WHEN SHOULD YOU BE TESTED?

If you are 40 or older, you should consult with your doctor about whether you want to have a PSA test and when you should start. Testing will depend on your risk factors, your age, and your personal feelings about potential additional testing and treatment if your test is positive. **If you are over 70**, your doctor may recommend against testing, in accordance with the USPSTF, because the potential harm outweighs the benefit.

40-70

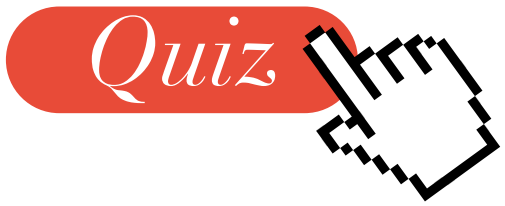
WHAT'S YOUR RISK FOR PROSTATE CANCER?

5 RISK FACTORS OF PROSTATE CANCER

1. A family history of prostate cancer (including a father, brother, or son)
2. African-American ethnicity
3. Prostatitis, inflammation of the prostate, or benign prostatic hyperplasia (BPH)
4. Urinary symptoms, such as changes in frequency, feelings of urgency or pain while urinating
5. Inherited mutations of the BRCA1 or BRCA2 genes, or hereditary non-polyposis colorectal cancer, also known as Lynch syndrome

60%

About 60 percent of prostate cancers are detected in men age 65 or older.



Take an **ONLINE QUIZ** from the Prostate Cancer Research Foundation to calculate your prostate cancer risk.

WHAT WILL PSA TESTING TELL YOU?

4.0 NG/ML

A **PSA level above 4.0 ng/mL** (nanograms per milileter) is considered elevated. What do you do if your PSA is high? Next steps might include prostate cancer marker tests, a biopsy, ultrasound, or active surveillance, which usually means repeating the PSA test at regular, more frequent intervals to watch for changes.

Follow-up will depend on:

- your age
- if your physician detected any suspicious lumps during a digital rectal exam
- if you're experiencing any symptoms such as difficulty with urinating

PCMs

Prostate cancer markers (PCMs) are new diagnostic tests that help individualize early detection, diagnosis, and treatment options for prostate cancer. They may help determine if your prostate cancer is low risk, if something more aggressive may be lurking in your prostate, or if there is a need for repeat biopsy.

WHILE A PSA TEST WILL GIVE YOU SOME HELPFUL INFORMATION, IT WON'T TELL YOU EVERYTHING.

YES **The level of prostate-specific antigen (PSA) in your blood.** This antigen is produced exclusively by cells in the prostate, and can signal prostate cancer.

NO **Why your PSA levels are high.** PSA levels are not just affected by cancer. PSA levels naturally rise as you age, and a common condition called benign prostatic hyperplasia (BPH) also causes elevated PSA.

NO **If you have prostate cancer,** and if it is cancer, whether you should be treated.

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Centura Health is a leading provider of cancer care in Colorado and western Kansas. From diagnosis to treatment and survivorship, our cancer centers provide care and support throughout your cancer journey.