

## Today, I would like to discuss with you:

- Appropriate age** to start PSA testing
- Frequency** of PSA testing
- Need for **genetic counseling**
- Use of prostate cancer biomarker testing if my **PSA level is above 1.5 ng/mL**

I have researched the **risk factors for developing prostate cancer** and discovered that I may be at **increased risk** due to the following factors:

- Age: 65 or older**
- Race: Black**
- Health: Family history** of prostate, breast, ovarian, pancreatic and/or other cancers
- I do not have any risk factors** and am at average risk, *but* I am close to or older than age 50 so I would like to discuss prostate cancer screening with you.

### For Providers:

## PSA Testing Without Overtreating

Since 2008, healthcare providers have been instructed not to routinely use PSA testing on all men due to unnecessary biopsies and overtreatment.

### During that time:

- Advanced stage prostate cancer **diagnoses have increased 5% annually**
- Studies show a **direct correlation** between **decreased use of PSA testing and increases in late-stage prostate cancer**

Today, with the availability of prostate cancer biomarker tests, providers can confidently **use PSA testing as a first-line screening tool** without the fear of overtreatment.

### Updated Guidelines for PSA Results:

#### BELOW 1.5 NG/ML WITH NO OTHER RISK FACTORS:

- **Repeat PSA in 5 years.** (70% of men will have PSA levels <1.5 ng/mL, requiring no further testing)

#### ABOVE 1.5 NG/ML:

- **Other risk factors: Refer to urologist**
- **Digital rectal exam:** PSA levels are correlated with prostate size, so checking for BPH will **narrow your pool of biopsy referrals**
- **Family history of prostate, breast, ovarian and/or colorectal cancer: Refer for genetic testing** to check for known prostate cancer hereditary mutations
- PC biomarker testing to rule out low-risk cancer. **If positive, refer to urologist.**

### When should I *start* PSA tests?

- AVERAGE RISK**

**50** YEARS OLD

- FAMILY HISTORY OR HEREDITARY MUTATION**

**45** YEARS OLD

- BLACK MEN**

**40** YEARS OLD



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