

**Knowledge is the first step.**

Know your *phi* score.



## **PROSTATE HEALTH INDEX (*phi*)** »»

Your *phi* score will provide you and your physician with more information before a decision is made to perform a prostate biopsy.



# Reduces unnecessary biopsies by 30%<sup>1</sup>

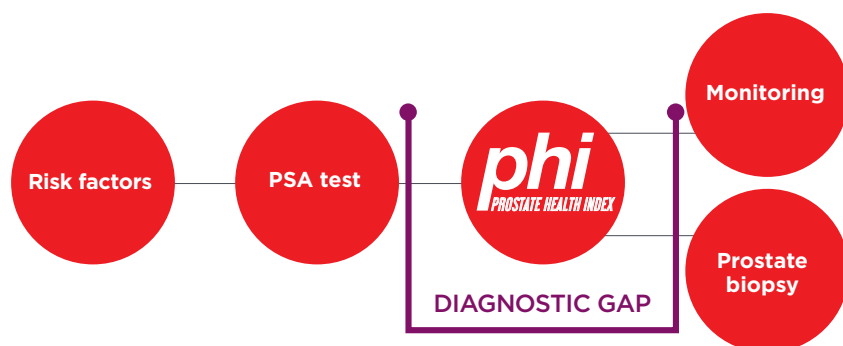
## KNOWLEDGE STARTS WITH INFORMATION

To understand your prostate health, you need information. **The first step toward more information is getting a PSA test.** A PSA test is a blood test that is used as a screening tool for prostate cancer. This test is typically performed during your annual physical. If your PSA test results are elevated (higher than normal), you and your doctor will need more information to determine whether or not a biopsy is needed. A biopsy is an invasive procedure to collect tissue samples of your prostate gland in order to look for cancer. An elevated PSA does not always indicate prostate cancer. An elevated PSA can also mean:

- > Infection
- > Benign prostatic hyperplasia (BPH)
- > Trauma
- > Other conditions

The *phi*\* test can help your doctor determine whether or not your elevated PSA test results mean you are at risk for prostate cancer and need a biopsy.

With *phi*, you can know your prostate cancer risk before an invasive biopsy.



## IF MY PSA IS ELEVATED, WHAT ARE MY NEXT STEPS?

1. Review the discussion guide in this pamphlet with your doctor to learn about warning signs and prostate cancer risk factors
2. Ask your doctor about *phi* and if it might be the next step for you before a prostate biopsy

## WHAT IS *phi*?

### *phi* is:

- > An FDA-approved blood test to be used as an aid in distinguishing prostate cancer from benign prostatic conditions in men over 50 years of age with a PSA level of 4 to 10 ng/mL and a digital rectal exam that is non-suspicious for cancer
- > A tool to reduce negative biopsies by providing more confidence in your biopsy decisions
- > A recommendation by the National Comprehensive Cancer Network (NCCN) guidelines for early detection of prostate cancer

If your *phi* test result is low, and other clinical indicators suggest that your cancer risk is low, your

doctor may recommend against a biopsy at this time. More frequent check-ups (“monitoring”) may be all that you need.

If your *phi* test result is high, and your doctor is concerned about other risk factors, a prostate biopsy or other tests may be recommended.

## WHY IS A *phi* TEST RECOMMENDED BEFORE A BIOPSY?

Your *phi* score will give your doctor more confidence in whether a prostate biopsy is the best decision for you.

Studies have shown that up to 75% of prostate biopsies come back negative,<sup>3</sup> meaning there is a need for better information about your prostate health before a biopsy.

***phi* gives you the information you need.**

**Some risks associated with prostate biopsies include:**

- > Infection
- > Rectal bleeding at the biopsy site
- > Blood in your semen
- > Difficulty urinating

**Knowledge is the first step.**

Know your *phi* score.

Visit [www.ProstateHealthIndex.org](http://www.ProstateHealthIndex.org) to learn more about *phi*.

\**phi*, or the Prostate Health Index, is a combined set of blood tests, PSA, free PSA and p2PSA, that has gained FDA/PMA approval as an aid in detecting prostate cancer. *phi* is indicated for use for men over 50 years of age with a PSA level of 4 to 10 ng/mL with a digital rectal exam that is non-suspicious for cancer.

# PROSTATE HEALTH DISCUSSION GUIDE

Talk to your doctor about...

## PROSTATE HEALTH WARNING SIGNS<sup>3</sup>

- › Frequent urge to urinate
- › Difficulty urinating or inability to urinate
- › Painful urination
- › Blood in urine or semen
- › Dribbling of urine
- › Difficulty having an erection
- › Painful ejaculation
- › Frequent pain or stiffness in lower back, hips or upper thighs

These warning signs may point to prostate problems such as acute prostatitis, chronic prostatitis, BPH or prostate cancer.

## PROSTATE CANCER RISK FACTORS<sup>4</sup>

- › Age
- › Race/Ethnicity
- › Family history
- › Diet
- › Obesity
- › Smoking



## ● MOVING MEN'S HEALTH FORWARD

Learn more about *phi* at  
[www.ProstateHealthIndex.org](http://www.ProstateHealthIndex.org)

- 1 Beckman Coulter p2PSA IFU
- 2 Graif T, Loeb S, Roehl KA, et al. Under diagnosis and over diagnosis of prostate cancer. J Urol. 2007;178(1):88-92.
- 3 "Prostate Cancer Symptoms - Prostate Cancer Foundation (PCF)." Prostate Cancer Symptoms - Prostate Cancer Foundation (PCF). Web. April 23, 2015  
[www.pcf.org/c/prostate-cancer-symptoms/](http://www.pcf.org/c/prostate-cancer-symptoms/)
- 4 "Prostate Cancer Risk Factors - Prostate Cancer Foundation (PCF)." Prostate Cancer Risk Factors - Prostate Cancer Foundation (PCF). April 23, 2015  
[www.pcf.org/c/prostate-cancer-risk-factors/](http://www.pcf.org/c/prostate-cancer-risk-factors/)

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