

Prostate Markers

PSA

Screening for Prostate Cancer

A PSA test result of 1.5ng/ml or higher may be indicative of a prostate health problem including prostatitis or an enlarged prostate. Primary care doctors may give you a referral to an Urologist if your PSA is 1.5ng/ml or greater.

Prostate Conditions Education Council recommends:

A baseline prostate health assessment, including PSA and digital rectal exam (DRE), for all men at 40 years of age. Based on this initial assessment, PCEC recommends that men base their early detection follow-up schedule on the baseline PSA:

- Men with a PSA result of less than 1.0ng/ml: should be retested in five years.
- Men with a PSA result between 1-2ng/ml: should be retested every two years.
- Men with a PSA result of greater than 2.0ng/ml: should be retested annually.

*PCEC does not advocate for screenings if a man's life expectancy is less than 10 years.

Additionally:

- PCEC believes that all men should be informed of the pros and cons of early detection, diagnosis and treatment of prostate cancer.
- PCEC encourages men to undergo a complete Men's Health Evaluation and encourages a men's health assessment which includes testing for: Testosterone, Triglycerides, Cholesterol, HDL, LDL, Glucose and PSA (in addition to new prostate cancer biomarkers as they become available).
- Early detection programs are valuable for men who may not otherwise have access to or visit a physician.
- PCEC will continue to support the development of new biomarkers for all conditions including the diagnosis and prognosis of prostate cancer through education and the unitization of our bio repository.



www.prostatemarkers.org

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