

PROSTATE HEALTH DISCUSSION GUIDE

Talk to your doctor about...

PROSTATE HEALTH WARNING SIGNS ➤

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

These warning signs may point to such prostate problems such as acute prostatitis, chronic prostatitis, benign prostatic hyperplasia (BPH) or prostate cancer.

PROSTATE CANCER RISK FACTORS ➤

- ☐ Age
- ☐ Race/Ethnicity
- ☐ Nationality
- ☐ Family History
- ☐ Diet
- ☐ Obesity
- ☐ Smoking



MOVING MEN'S HEALTH FORWARD ➤
www.ProstateHealthIndex.org

- Discover more about prostate health
- Learn what your *phi* score means



References

1. Graif T, Loeb S, Roehl KA, Gashti SN, Griffin C, Yu X, Catalona WJ. Under diagnosis and over diagnosis of prostate cancer. Journal of Urology 2007;178(1): 88–92.

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Knowledge is the first step,
phi is the second.

Take control of your prostate health.

PROSTATE HEALTH INDEX (*phi*) ➤
A simple blood test for better prostate cancer detection.



Prostate Health Index (*phi*)

A simple blood test for better prostate cancer detection.

KNOWLEDGE STARTS WITH INFORMATION >

To understand your prostate health, you need information. **The first step towards more information is a PSA test.** This is typically performed during your annual physical. If your PSA is elevated, it may indicate you need even more information about your prostate health.

An elevated PSA may mean:

- infection
- benign prostate hyperplasia (BPH)
- trauma
- prostate cancer
- or other conditions

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

1. Review the enclosed discussion guide with your doctor to learn what an elevated PSA level may mean.
2. Ask your doctor about *phi* and if it might be the next step for you before a prostate biopsy.

WHAT IS *phi*? >

Your *phi* score gives you and your doctor more information about what your elevated PSA might mean.

***phi* is:**

- A simple blood test.
- 3X better at detecting prostate cancer than PSA.
- A powerful combination of three tests-in-one.

If your phi result is low, and other factors suggest that your cancer risk is low, your doctor may recommend against a biopsy, at least initially. More frequent check-ups (“watchful waiting”) may be all that you need.

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

WHY *phi* BEFORE A BIOPSY? >

Because *phi* is three times better at detecting prostate cancer, having a *phi* test before a prostate biopsy will give your doctor greater confidence that a biopsy is, or isn't, the best choice for you.

Studies have shown that up to 75% of prostate biopsies come back negative¹, meaning there is a need for better information about your prostate health before a biopsy.

phi gives you the information you need.

Knowledge is the first step.
Know your *phi*.

Visit www.prostatehealthindex.org and learn what your *phi* score means.

**phi*, or the Prostate Health index, is a simple new blood test for the detection of prostate cancer. *phi* is indicated for use for men > 50 years of age with a PSA level between 4-10 ng/mL with a digital rectal exam that is non-suspicious for cancer.

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

> Know Your Risk Factors

> Annual PSA Test

phi

> Watchful Waiting

> Prostate Biopsy