Knowledge is the first step, phi is the second.

Take control of your prostate health.

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

References

MOVING MEN’S HEALTH FORWARD
www.ProstateHealthIndex.org
- Discover more about prostate health
- Learn what your phi score means

PROSTATE CANCER RISK FACTORS
- Age
- Race/Ethnicity
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- Diet
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- Smoking

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.