

NCCN Guidelines (2014) for Early Detection of Prostate Cancer:

2014 Guidelines published by the National Comprehensive Cancer Network (NCCN). www.nccn.org.

NCCN is a network of 23 of the world's leading cancer centers.

The NCCN suggest PSA testing and DRE to start at the age of 45 in all healthy men. For PSA ≤ 1 ng/mL and normal DRE, next PSA and DRE can be done in 5 years at age 50. If PSA is >1 ng/mL, testing should be done every 1–2 years.

NCCN indications for prostate biopsies are as follows:

- i) DRE suspicious for cancer at any PSA level. DRE should be considered as a baseline test for all patients as it may identify high-risk cancers associated with normal serum PSA values.
- ii) PSA at a cut point of >3.0 ng/mL for patients aged 45 to 69.
PSA at a cut point of >4.0 ng/mL for patients aged 70 to 74.
- iii) Excess risk based on multiple factors such as family history, PSA velocity and PSA density.

If prostate biopsies are **not** performed at a PSA of > 3 then the patients should be followed up with 6-12-monthly PSA and DRE and with the additional use of free PSA, PSA density and they also suggest the use of the PHI test and PCA3 which are currently not available in NZ.

15% of men with PSA level of less than 4.0 ng/mL and a normal DRE had prostate cancer diagnosed at the end of the prostate cancer prevention trial.

30% to 35% of men with a serum PSA between 4 to 10 ng/mL will be found to have prostate cancer.

PSA levels more than 10 confer a greater than 67% likelihood of prostate cancer.

NCCN recognized the increased prevalence of high-risk, aggressive prostate cancer in patients between 70 and 74 and that these patients would benefit from early detection.

Patients aged 60 with a PSA of less than 1 ng/mL were unlikely to develop clinically significant prostate cancer (0.5% risk of metastases and 0.2% risk of prostate cancer death). No men aged 75 to 80 with a PSA of less than 3.0 ng/mL died of prostate cancer. They may safely discontinue screening at age 75.

Reference:

http://www.nccn.org/professionals/physician_gls/pdf/prostate_detection.pdf