

## Prostate Cancer Early Detection

**Prostate cancer deaths can be reduced by 44% with early detection.**

*(Göteborg Trial - over 14 years - Sweden)*

### Bone Scans of extensive metastases from prostate cancer



Bone scan of 60yo male with  
PSA of 5000 ug/L  
(never had PSA testing before)



Bone scan of 52yo male with  
PSA of 11.6 ug/L  
(never had PSA testing before)

A PSA test at **age 40** would have warned of a **high risk** needing regular PSA testing. (*"PSA at age 40 is the most powerful detector of later prostate cancer"- Prof. W Catalona*)


### RECOMMENDATION

In the absence of prostatitis or BPH, any **PSA > 3 ug/L in males aged 40 to 75 years** needs further investigation to exclude prostate cancer.

### INVESTIGATION

- MRI or
- Prostate biopsies or
- 6 - 12 monthly PSA testing (including free PSA) and DRE

### Prostate Cancer Risk

	Risk	Age 40 to 45 PSA	Age 60 PSA
	High	≥ 1.1	≥ 2
Intermediate	0.7-1.0	1 - 1.99	
Low	≤ 0.6	≤ 0.99	

**Doctors click here for:**  
NCCN Clinical Practice Guidelines In Oncology (NCCN Guidelines®) for Prostate Cancer Early Detection V.1.2019