

# SCREEN SMARTER

## PROSTATE CANCER EARLY DETECTION GUIDELINES

E. David Crawford, M.D.  
Chairman, PCEC  
University of Colorado  
Anschutz Medical Center  
Aurora, CO

Leonard G. Gomella, M.D.  
Thomas Jefferson  
University  
Philadelphia, PA

David G. McLeod, M.D.  
Walter Reed Army  
Medical Center  
Washington, DC

Mark Moyad, M.D., M.P.H.  
University of Michigan  
Medical Center  
Ann Arbor, MI

Alan W. Partin, M.D., Ph.D.  
Johns Hopkins Medical  
Institution  
Baltimore, MD

Daniel Petrylak, M.D.  
Yale Cancer Center  
New Haven, CT

Wendy Poage, M.H.A.  
President, PCEC  
Centennial, CO

Neal Shore, M.D.  
Carolina Urologic Research  
Center  
Myrtle Beach, SC

Nelson N. Stone, M.D.  
Mount Sinai  
School of Medicine  
New York, NY

### Prostate Conditions Education Council (PCEC) recommends:

A baseline prostate health assessment, including PSA and digital rectal exam (DRE), for all men at 40 years of age is beneficial for risk stratification. Based on this initial baseline assessment, PCEC recommends that men establish an early detection follow-up schedule as stated below:

- At risk men; African American men, men with a family history of prostate or breast cancer, BRCA gene, men who have been exposed to certain chemicals known to cause cancer or men over the age of 65 years.
- Men with a baseline PSA result greater than 1.5ng/ml or greater should be monitored and evaluated. If the baseline PSA result is below 1.5ng/ml men should be tested every five years.

\*PCEC does not advocate screenings in men with a decreased life expectancy due to other issues with no signs or symptoms of the disease.\*

### 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, total Triglycerides, total Cholesterol, HDL, LDL, Glucose, PSA and new prostate cancer genomic markers and imaging tools as they become available. Men should be educated on the importance of a wellness prevention program including diet modification, exercise and weight.
- Early detection programs are valuable for men who may not otherwise have access to or visit a physician on a regular basis.
- Men must understand that screening identifies a man at risk for prostate cancer. Also, early detection of prostate cancer may find a cancer that does not need treatment and that many treatment options for prostate cancer often cause serious and life altering side effects.
- A PSA blood test does not only look for cancer but also for other prostate abnormalities like enlarged prostates or prostate infections. A PSA greater than 1.5ng/ml is often used as a prostate health indicator of an issue with your prostate and it may be worth talking with a Urologist.
- PCEC will continue to support the development of personalized medicine through new genomic markers for all conditions including the diagnosis and prognosis of prostate cancer through education and the unitization of our serum biorepository.

### PCEC

7009 S. Potomac St. • Suite 125 • Centennial, CO 80112

1.866.4Prost8 • [info@ProstateConditions.org](mailto:info@ProstateConditions.org)

[www.ProstateConditions.org](http://www.ProstateConditions.org)

