Introduction

This guideline was developed using an evidence-based methodology by the KP National Prostate Cancer Guideline Development Team (GDT). This guideline is intended to assist primary care physicians and other health care professionals in the screening for prostate cancer in adult men.

Efficacy And Safety Of Prostate Cancer Screening

Prostate Cancer Screening In Average-risk Men
Offering PSA-based prostate cancer screening is an option for average-risk men ages 50-69 who have at least a 10-year life expectancy. (Weak recommendation)

Prostate Cancer Screening In High-risk Men
Offering PSA-based prostate cancer screening is an option for higher-risk men (Black/African American descent or family history of prostate cancer in at least one first-degree relative) ages 45-69 who have at least a 10-year life expectancy. (Weak recommendation)

Shared Decision-making
If PSA-based screening is offered, it should be done in the context of shared decision-making. (Strong recommendation)

Age To Discontinue Screening
Prostate cancer screening is not recommended for men age 70 and older. (Strong recommendation)

While there is evidence that DRE may detect some cancers that are not detected by PSA alone, the randomized trials demonstrating a potential benefit of screening are based on PSA testing alone.

Elements associated with higher risk from family history of prostate cancer include: multiple first degree family members, family member(s) diagnosed at advanced stages, age <65 years at diagnosis.

Frequency Of Prostate Cancer Screening
For men who elect to have PSA-based prostate cancer screening, a screening interval of every 2 years is an option. (Weak recommendation)

Referral To Urology
When PSA values exceed the age-specific thresholds in Tool 1, consider repeating the PSA test within one month. If the repeat PSA value still exceeds the age-specific thresholds, referral to Urology is recommended.

TOOL 1. Age-Specific PSA Thresholds for Referral to Urology

<table>
<thead>
<tr>
<th>Age Range (Years)</th>
<th>PSA Threshold</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-49</td>
<td>&gt;2.5 ng/ml</td>
</tr>
<tr>
<td>50-59</td>
<td>&gt;3.5 ng/ml</td>
</tr>
<tr>
<td>60-69</td>
<td>&gt;4.5 ng/ml</td>
</tr>
<tr>
<td>70-74 (if tested)</td>
<td>&gt;6.5 ng/ml</td>
</tr>
</tbody>
</table>

c  Normal variation of PSA values of ~20% have been demonstrated in some studies

Disclaimer

This guideline is informational only. It is not intended or designed as a substitute for the reasonable exercise of independent clinical judgment by practitioners, considering each patient's needs on an individual basis.

Guideline recommendations apply to populations of patients. Clinical judgment is necessary to design treatment plans for individual patients.