

## ***Prostate Cancer Screening Guidelines – Update 2013***

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### **United States Preventative Services Task Force Recommendation on Prostate Cancer screening (2012):**

- Insufficient evidence to recommend routine population-based PSA screening in **ANY** population
  - *This position has also been adopted by AAFP and CDC*

### **American Urological Association Guideline on Early Detection of Prostate Cancer (2013):**

- Screening in **men <40** years old is **not recommended**
- Routine screening in **men 40-54** years old at average risk for prostate cancer is **not recommended**
  - **Higher risk men** should **consider screening** – *African Americans, positive family history, etc...*
- Screening in **men 55-69** years old should involve **shared decision-making** between patient and provider, and take into account **benefits** of screening and **risks** of harm associated with biopsy and possible over-treatment of low risk prostate cancer
  - *Base decision on patient's values and preferences*
- Routine screening in **men >70** years old or who have estimated life expectancy <10-15 years is **not recommended**
  - **Some men >70 years old in excellent health may benefit from screening**

### **Strategies suggested to decrease potential harms associated with PSA screening:**

- Increase routine screening interval to every 2 years
- Increase biopsy threshold in older men (>10 ng/dL)
- Discontinue routine screening in men with initial low PSA (<1.0 ng/dL in younger men, <3.0 in older men)