

Prostate Screening = PSA+DRE

Prostate Specific Antigen (PSA) blood test

Men with an average annual PSA value of:

- **less than or equal to** 2.5 ng/mL should have a velocity of less than 0.35 ng/mL per year.**
- **greater than** 2.5 ng/mL should have a velocity of less than 0.75 ng/mL per year.**

Talk to your doctor about follow-up with a urologist if your velocity is elevated based on the above calculations.

Digital Rectal Exam (DRE) - similar to a clinical breast exam, the DRE allows the physician to feel if the prostate is enlarged, has lumps, or abnormal texture. Due to the location of the prostate, it can only be physically examined by a digital rectal exam (DRE). Results should be "smooth and normal." Talk to you doctor about follow-up with a urologist if your DRE results are abnormal**

Footnotes

- * *Prostate Cancer Education Council (PCEC)*
- ** *National Comprehensive Cancer Network, prostate cancer guidelines for early detection.*
- *** *The University of Texas MD Anderson Cancer Center*
- **** *American Heart Association*

www.pccnc.org



MEN'S HEALTH TRACKER

www.pccnc.org

Health Awareness Decoder: Numbers to Know

35 - Men with a family history of prostate cancer are at a much higher risk of developing prostate cancer than the general population. Also, African-American men have the highest occurrence rates of prostate cancer in the world. Regardless of family history, they are twice as likely to develop the disease and twice as likely to die from it. Men with a family history or prostate cancer and African-American men should start screening annually for prostate cancer at age 35.*

40 – All other men opting for a pro-active approach to personal health should discuss annual screening with their physician by age 40.**

100 - If prostate cancer is caught in its early stages, it is nearly 100% survivable. The best way to catch prostate cancer early is to have a prostate screening annually. ***

Heart Healthy = Prostate Healthy

Cholesterol – a cholesterol of less than 200 mg/dL is desirable. An HDL (good) cholesterol of 60 mg/dL or higher gives some protection against heart disease. The lower your LDL (bad) cholesterol, the lower your risk of heart attack and stroke.***

Blood pressure - normal is less than 120 (Systolic) and less than 80 (Diastolic).***

Keep your heart and prostate healthy by talking to your doctor if these numbers are of concern.

| | Date Result | Date Result | Date Result |
|--------------|----------------|----------------|----------------|
| PSA | | | |
| DRE | | | |
| Cholesterol | | | |
| BP | | | |
| BMI | | | |
| WtHR | | | |
| Testosterone | | | |

| Date Result | Date Result | Date Result | Date Result | Date Result |
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Other numbers to know

Body Mass Index (BMI) - men with a BMI over 30 are more likely to be diagnosed with advanced prostate cancer and more likely to have a recurrence of the disease after treatment. Mortality rates were also significantly higher in men with BMI scores over 30, compared to those men with BMI scores less than 25.

WtHR - scientists are studying the role a man's waist-to-height ratio (WtHR) in assessing overall health. Divide your waist size by your height. If the result is greater than 50 percent, see your doctor.

Testosterone – researchers are still exploring the role of testosterone in the development of prostate cancer. Can't hurt to keep track of that too!