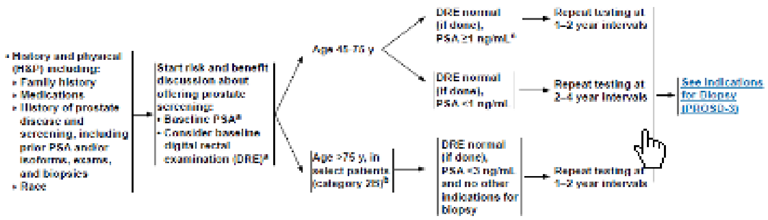
National Comprehensive Cancer Network®

NCCN Guidelines Version 2.2015
Prostate Cancer Early Detection

NCCN Guidelines Index
Prostate Early Detection TOC
Discussion

BASELINE EVALUATION | RISK ASSESSMENT | EARLY DETECTION EVALUATION


• History and physical (H&P) including:
» Family history
» Medications
» History of prostate disease and screening, including prior PSA and/or isoforms, exams, and biopsies
» Race
Start risk and benefit discussion about offering prostate screening:
• Baseline PSA[a]
• Consider baseline digital rectal examination (DRE)[a]
Age 45–75 y
DRE normal (if done), PSA ≥1 ng/mL[c]
Repeat testing at 1–2 year intervals
DRE normal (if done), PSA <1 ng/mL
Repeat testing at 2–4 year intervals
See Indications for Biopsy (PROSD-3)
Age >75 y, in select patients (category 2B)[b]
DRE normal (if done), PSA <3 ng/mL and no other indications for biopsy
Repeat testing at 1–2 year intervals

[a]The best evidence supports the use of serum PSA for the early detection of prostate cancer. DRE should not be used as a stand-alone test, but should be performed in those with an elevated serum PSA. DRE may be considered as a baseline test in all patients as it may identify high-risk cancers associated with "normal" serum PSA values. Medications such as 5α-reductase inhibitors (finasteride and dutasteride) are known to decrease PSA by approximately 50%, and PSA values in these men should be corrected accordingly.

[b]Testing above the age of 75 years of age should be done with caution and only in very healthy men with little or no comorbidity as a large proportion may harbor cancer that would be unlikely to affect their life expectancy, and screening in this population would substantially increase rates of over-detection. However, a clinically significant number of men in this age group may present with high-risk cancers that pose a significant risk if left undetected until signs or symptoms develop. One could consider increasing the PSA threshold for biopsy in this group (ie, ≥4 ng/mL). Very few men above the age of 75 years benefit from PSA testing.

[c]The reported median PSA values for men aged 40–49 y range from 0.5–0.7 ng/mL, and the 75th percentile values range from 0.7–0.9 ng/mL. Therefore, the PSA value of 1.0 ng/mL selects for the upper range of PSA values. Men who have a PSA above the median for their age group are at a higher risk for prostate cancer and for the aggressive form of the disease. The higher above the median, the greater the risk. Finally, men at age 60 years with a serum PSA <1.0 ng/mL have a very low risk of metastases or death due to prostate cancer. Similarly, a cut point of 3.0 ng/mL at age 75 years also has a low risk of such outcomes.

Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.