

## **BroadcastMed | Mayo Clinic Study Suggests Routine Prostate Size Evaluation Not As Effective in Cancer Screening**

SPEAKER: What we really wanted to evaluate was, OK, if you have a man who has a PSA at whatever level, it may not necessarily be concerning. But if that PSA is going up, a growing body of literature would tell us that, if there are velocity or their change in PSA is high enough, that we should be concerned that that elevation is due to cancer. What we didn't know prior to this was, well, maybe that increase in PSA is actually due to benign growth of the prostate. But that doesn't seem to be the case.

What we looked at was the men who were eventually diagnosed with prostate cancer and those who weren't. And what we found was, as expected, the men with prostate cancer had a much quicker rise in their PSA over time than the men who did not have prostate cancer. But when we looked at the prostate volumes, in fact, they were the same. So the people who were diagnosed with prostate cancer had the same change in their prostate volume compared to the men who weren't. So that indicates to us that serial evaluations, or routine evaluation of a patient's prostate size, is probably not useful in screening men for prostate cancer, because it likely doesn't explain the increase that we see in their PSA.

I think the bottom line from this study is that routine use of PSA and physical exam are the cornerstones to screening for prostate cancer. And ultrasound for volume assessment, or additional tests, at this point, do not seem to be beneficial.