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# Prostate-Specific Antigen Screening According to Health Professional Counseling and Age in the United State



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## INTRODUCTION

- Prostate cancer is the most common cancer among men in the United States.
- It accounted for approximately 25.6% of all cancers in the United States in 2021.
- Because prostate cancer is a slow-growing tumor, men generally die with it than from it.
- Prostate cancer screening has been controversial due to the potential for over diagnosis.
- The most common type of prostate cancer screening remains measuring prostate-specific antigen (PSA) protein in the blood.
- A high PSA score and subsequent treatment can save life, but also is also invasive and can cause sexual complications and urinary issues.
- Routine PSA screening is recommended by the US Preventive Services Task Force for men aged 55-69, but not thereafter except in certain unusual circumstances.
- After a discussion with their doctor about the harms and benefits of PSA testing, men at risk should decide whether they desire to undergo screening or not.

## PURPOSE

To determine the prevalence of PSA testing in men according to age, reasons for undergoing testing, and whether a discussion about harms and benefits took place with a doctor prior to testing.

## METHODS

Data for the study was taken from the Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS uses a random digit dialing technique to administer telephone surveys across the United States. Analyses were restricted to men aged 40 or older who had been screened for PSA. Frequencies and percentages were calculated for prevalence data. Multiple logistic regression was used to calculate adjusted odds ratios. Other variables such as race/ethnicity, marital status, education level, income, family history, health insurance status, and age were also included in the study.



Figure 1. PSA test in the past two years according to previous recommendation for the test from a health professional and age.

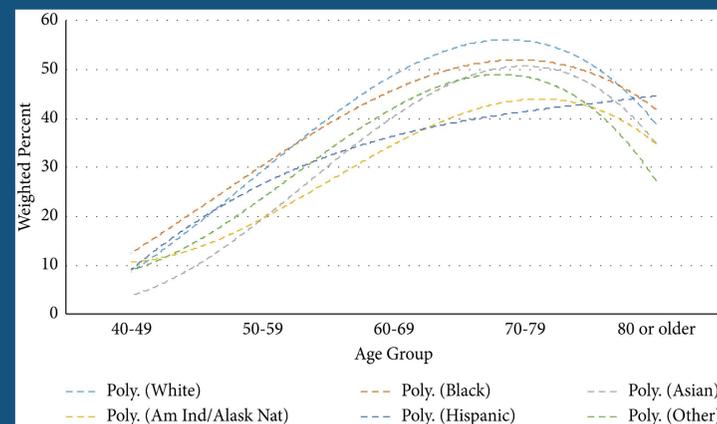


Figure 2. PSA test in the past two years according to age and race/ethnicity.

## RESULTS

- About 32.0% of respondents had a PSA test within the past two years.
- The prevalence of PSA testing was highest in non-Hispanic whites and African-Americans.
- Undergoing prostate cancer screening was most commonly performed as a routine examination.
- About 42.4% of the participants had a conversation with a health professional about the harms and benefits of a PSA test. Those who had this discussion (about both advantages and disadvantages) were more likely to have a test.
- PSA testing was most common among men who were married, had higher education, had higher income, smoked less, were overweight or obese, had a family history of prostate cancer, and were currently enrolled in a health insurance plan.
- A high percentage of men had the PSA test who were 70 years or older



## CONCLUSION

- PSA screening for men is highest in the 70-79 years age group, which is contrary to the recommendations of the US Preventive Services Task Force.
- There is a significant need for informed decision-making in men considering having a PSA test.
- Although the majority of men had a discussion about the harms and/or benefits of a PSA test with a health professional, these discussions need more balance.
- There are many disparities in recommendations and discussions among different racial/ethnic groups.

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