Know Your Prostate Size (Volume)

Since everyone is different, it should be no surprise that every man’s prostate is a different size. Here’s why it can matter and how it can help to know: What IS surprising to me after over a decade as an advocate, and on a Helpline, is that most men don’t know what size their prostate is, and most men are never even told.

SCREENING – For men who are PSA testing and screening for prostate cancer, it is very helpful to know how large or small your prostate is because it bares on how much PSA you should be making. I have seen different experts use different formulas, but in simple terms, a 60cc prostate should make twice the PSA of a 30cc prostate. I know there is an age-specific PSA, but honestly, it is based on the reality that a prostate gets larger as you get older, but if that’s the case, why not find out what size it really is? I’ve had a couple of Helpline callers in their 70’s one with a 17 cc prostate and the other with a 200 cc prostate. And, yes they were both in their 70’s. So how does age-specific PSA work for them? So ask your urologist for a number – What is the size of my prostate? This may be an estimate, but that is still helpful. An urologist can estimate on DRE (digital rectal exam), and if you’ve ever had a biopsy, there is an ultrasound report from the biopsy that has a measurement and should have a number – a prostate volume or size. Ask for it.

TREATMENT – If you are newly diagnosed and considering treatment such as radiation, cryotherapy, or other targeted
local therapies, these can cause damage to surrounding tissues if your prostate is too large. Ask your doctors about this. Dr Michael Steinberg recently stated that a prostate should be 60 cc or smaller for radiation treatment with seeds (video below). I remember when the standard was 40 cc or smaller, but the overall message is a smaller prostate will enable the physician to target the prostate and miss surrounding tissues more easily (such as bladder and rectum).

Michael Steinberg, MD

Watch Dr Steinberg’s video here – Radiation Therapy for Prostate Cancer – Treating BPH First

So, ask your urologist – What is the size (ask for a number) of my prostate? It’s a good thing to know.

*Owned and originally posted by PCRI