

# Screening & Prevention

Men who are screening for prostate cancer with PSA and DRE (digital rectal exam) are often wondering when their PSA will go up...and if it does, what does it mean? What they may not realize is that this is also a great time to consider lifestyle changes that might help prevent prostate cancer. This can change the screening process from dreading a PSA rise, to hoping for a stable PSA, or a PSA drop. **Although there is no PROOF that lifestyle changes can prevent prostate cancer, there is an overwhelming amount of EVIDENCE that it may help.** And there is no proof that lifestyle changes don't prevent prostate cancer, but there is an overwhelming amount of evidence that it can be good for overall health, including heart health. Simply stated, in the absence of proof, we should never ignore evidence.

So, what type of lifestyle changes might help? So, what type of lifestyle changes might help? **Many experts agree that a heart-healthy lifestyle (diet, exercise, supplements) is a prostate-healthy lifestyle.** For these reasons, we have included information on screening and information on prevention in the same section, offering educational tools to work on both.

In addition, new tools for screening for prostate cancer (BESIDES PSA & DRE) are always being developed. This currently includes Multiparametric MRI, the 4K Score blood test, the PHI blood test, the PCA3 urine test, and the Confirm Dx pathology test. You will find information in this section (below) on all of these, and more. *With new tests or technology, always ask about insurance coverage, cost, availability in your area, and what type of patient the test is for (if you are eligible).*

Many men who are screening for prostate cancer are also dealing with some level of BPH (enlarged prostate) and/or prostatitis (inflammation of the prostate). Since these 2

conditions also affect PSA they are included in this section. It is important to note that urinary symptoms such as frequency, retention, getting up at night, and burning during urination, are all more common with BPH or prostatitis, than they are with prostate cancer itself.

## Articles & Videos

### Screening (**PSA Testing & Biopsy Decisions**)

- [Video – Prostate Blood Test: Understanding the Tests and What the Results Mean](#) – Philippa Cheetham MD (urologist), 2015
- [PSA Screening – Where Are We Now?](#) – Jan Manarite, 2016
- [Adding Multiparametric MRI to Screening Can Save Lives](#) – Robert Princenthal MD, 2015
- [Multiparametric MRI-based Diagnosis and Targeted Biopsy](#) – Ash Tewari MD, Adnan Ali, Robert Leung, & Naveen Gumpeni MD, 2013
- [Dr Duke Bahn \[in Ventura, CA\] on Color Doppler Ultrasound](#), 2013
- [Know Your Prostate Size](#) – Jan Manarite, 2015
- [Video – So Your PSA is High, What Now?](#) PCRI, 2014\*
- [To Screen or Not to Screen: What a Stupid Question](#) – Doug Chinn MD, 2013
- [Largest Prostate Screening Trial Still Shows it Saves Lives](#), 2014
- [Shared Decision Making Missing in Cancer Screening Discussions](#), 2014
- [Infections Associated with TRUS Biopsies](#), Schellhammer, Schaeffer, Manarite, 2011\*
- [4K Score Blood Test](#)– Company website, 2015
- [PHI Blood Test](#) – Company website, 2015
- [PCA3 Urine Test](#) – Company website, 2015
- [Confirm Dx Pathology Test](#) – Company website, 2015
- [Men’s Health – A Personal Perspective](#) – Michael Lutz MD, 2014
- [Ordering Your Own Blood Tests](#) – Jan Manarite, 2015

## Prevention (**Can Prostate Cancer be Prevented with Heart-Healthy Lifestyle?**)

- [Changing Your Lifestyle Can Change Your Genes](#) – Dean Ornish MD, 2011
- [18-Year Study Finds Drug \[finasteride\] Cut Prostate Cancer Risk](#), 2013
- [Video- Mediterranean Diet & PCa](#) – Snuffy Myers, MD, 2011
- [Video – Foods Prostate Cancer Patients Should Avoid](#) – Snuffy Myers, MD, 2010
- [Video – Super Supplements](#) – Snuffy Myers, MD, 2011
- [Video – Supplements to Avoid](#) – Snuffy Myers, MD, 2010
- [Video – Is High Dose Vitamin D Dangerous?](#) – Snuffy Myers, MD, 2010
- See also, [Dr Mark Moyad: What the Heck is Going on in My World ?](#)

## BPH & Prostatitis (**Enlarged Prostate & Prostate Inflammation**)

- [Changing Your Lifestyle Can Change Your Genes](#) – Dean Ornish MD, 2011
- [Know Your Prostate Size](#) – Jan Manarite, 2015
- [Clarifying Concepts: Every Drug has Two Names](#) – Jan Manarite, 2015
- [Are You Suffering from an Enlarged Prostate or BPH? The UroLift® System](#) – Steven Gange, MD, 2015
- [18-Year Study Finds Drug \[finasteride\] Cut Prostate Cancer Risk](#), 2013
- [Prostatitis](#), Johns Hopkins Health Library
- [It Works for Me: Stories from the Prostatitis Foundation](#)

\*Owned and originally posted by PCRI.ORG