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## **Prostate Cancer Diagnosed Earlier Because of PSA**

In the early 1990's, Sakir and researchers in Detroit at Case Western University were studying the incidence of prostate cancer in young men in the fourth and fifth decades of life. They looked at prostate glands in an autopsy series of men in their 30s and 40s who died in street violence. Interestingly, they found that 50% of African-Americans and 50% of Caucasians in both these decades had evidence of prostate cancer. Although not large in numbers of patients, the implication was important to note. Inflammation serves as the ground-state for prostatic malignancy and begins early in men's lives. Thus, men are already forming prostatic malignancies in the early decades of life.

The value of PSA as a screening tool is inversely proportional to the age. A higher PSA level can be significant in a younger patient. *Why is this?* PSA rises because of benign enlargement and inflammation. If there is no benign enlargement of the prostate in young men (which is usually the case) then the rise in PSA in men in their 40s is related to inflammation and/or prostate cancer (PCa). Hence, PSA can be a very useful screening tool for men in their fifth decade of life.

Given the slow progression of PCa, the issue of need for treatment arises, but the value of detection of PCa at this early end of the age spectrum creates a window of opportunity for cure of a disease that will progress with time. Obviously, the detection of PCa in a 45-year-old man is different than that of a 75-year-old man. The PCa exposure time in a young man, albeit a slow-growing malignancy, is of concern.

If detected early, men in their 40s are excellent candidates for robotic prostatectomy because of the high incidence of potency preservation (86%) and continence (96-100%).

### **Evaluation of PSA in men in their 40s**

- PSA >2.5 ng/mL
- PSA velocity of >0.4 ng/mL/year
- Family history of prostate cancer creates higher risk

September 7—23 [RoboticAdvantage.com](http://RoboticAdvantage.com) exhibit  
Puyallup Fair, Expo Hall, Booth 54  
and

October 5—7 WSMA Convention, Sheraton Hotel, Tacoma

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