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www.prostateoncology.com



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LISTEN TO THE
PROSTATE PROS PODCAST



ABOUT US

Prostate Oncology Specialists is the largest prostate cancer specialty practice in the world. Our physicians are board-certified internists and oncologists. We do not have a preset agenda for recommending a certain therapy; instead we guide men to the most effective, least toxic treatment for their specific stage and lifestyle.

Our focus on a single disease allows us to stay current with the latest technology and treatment options. We personalize recommendations based on the cancer's stage and the patient's individual characteristics. We are dedicated to helping each patient achieve their optimal health.

SCHEDULE A CONSULTATION

At your consultation:

1. We identify the cancer's specific stage and guide patients on the correct treatment path
2. We discuss the most effective and least toxic treatment options for each patient's stage and lifestyle
3. We assemble and lead a team of treatment experts

CALL NOW TO SCHEDULE: 310.827.7707

To set up your first appointment, please fill out the New Patient Application online at prostateoncology.com/newpatient



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*Our doctors are fluent in English, Spanish, Mandarin, and Cantonese.
We are located in coastal Los Angeles, five miles north of Los Angeles International Airport.
Our office is open from 8:30 AM to 12:00 PM and 1:30 PM to 5:00 PM.
We accept Medicare and most private insurances.*

PSA SCREENING

Prostate Specific Antigen (PSA) is naturally released into the blood by the prostate gland and is used to screen for prostate cancer.

PSA should be monitored yearly starting at around age 45. For those men with family history of prostate cancer or of African American descent, screening should begin at age 40.

ELEVATED PSA DOES NOT ALWAYS SIGNIFY PROSTATE CANCER

PSA is nonspecific, meaning it does not explicitly show that cancer is present. After hearing a description of PSA, one savvy patient said, "It sounds about as accurate as the check engine light on the dashboard of your car." This is exactly right. PSA can be elevated due to lab error, an enlarged prostate, prostatitis, recent sexual activity, etc. High PSA does not point specifically to prostate cancer; it is only an indication that further investigation is necessary.

WHAT HAPPENS WHEN PSA IS ELEVATED?

Your doctors will first double check the PSA test to see if your PSA remains elevated. If the original PSA is confirmed, a urologist will generally recommend a 12-core random biopsy to test for cancer. Random biopsies are unpleasant. They may have lingering side effects and lead to unnecessary treatment. Unfortunately, random biopsies are a lucrative business and up until recently were considered the industry standard. In addition, not all doctors are aware of the recent discoveries that make random biopsies avoidable.

USING BIOMARKER TESTS INSTEAD OF RANDOM BIOPSIES

Two reasonable screening options, in place of random biopsies, are urine and blood tests called SelectMDx and OPKO 4Kscore tests, respectively. These tests look for biomarkers indicative of clinically-significant prostate cancer (Gleason >6). If the tests indicate that the risk of clinically-significant cancer is under five to ten percent, and if PSA is in a normal ten-to-one ratio with the prostate gland's size, it is reasonable to simply continue monitoring with regular PSA testing and digital rectal exams. If SelectMDx and OPKO 4Kscore show that the risk is higher than ten percent, further testing will be required.

WHAT IS THE NEXT STEP IF BIOMARKERS INDICATE A RISK ABOVE 10 PERCENT?

Studies show that imaging with a 3T multiparametric MRI is far more accurate and much safer than a 12-core random biopsy, assuming the imaging is done at an experienced center of excellence. If a suspicious lesion is detected during imaging, the specific location will be known; therefore, the biopsy can be targeted instead of random. Far fewer cores are needed for a targeted biopsy, typically only one to three.

WHAT LEVEL OF PSA SHOULD TRIGGER BIOMARKER TESTING IN THE FIRST PLACE?

Since PSA normally rises with age due to progressive enlargement of the prostate gland, rough age-related guidelines suggest that further investigation is warranted if the PSA is above 2.5 for men under 55, or above 4.0 for men over 55. An elevated PSA means it's time to consider further testing with biomarkers as outlined above in this brochure.

PSA SCREENING SAVES LIVES

PSA screening can detect clinically-significant prostate cancer at an early stage while it is still curable. Nevertheless, men need to be aware of PSA's potential pitfalls. Specifically, almost 100% of doctors who work in the prostate industry are surgeons and annually one million men in the United States are subjected to avoidable random biopsies.

