

## Prostate Cancer HRA

### Client Review Document

#### Overview

The Prostate Cancer HRA is a short assessment that helps men learn the factors that increase their prostate cancer risk. The result report provides a recommendation about what age a man should talk to his doctor about cancer screening and if their family history of cancer warrants a more in-depth screening for genetic factors.

#### About the Assessment

The screening recommendations in this assessment are based on the American Cancer Society Recommendations for Prostate Cancer Early Detection.<sup>1</sup> These recommendations state that the decision to have tests to look for prostate cancer (screening) should be made only after men learn about the uncertainties, risks, and potential benefits of prostate cancer screening.

The American Cancer Society recommends that discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

Approximately 5% to 10% of prostate cancer cases are believed to be primarily caused by high-risk inherited genetic factors or prostate cancer susceptibility genes. Results from several large case-control studies and cohort studies representing various populations suggest that family history is a major risk factor in prostate cancer.<sup>2</sup>

The limitations of tests to look for prostate cancer and the possible risks of screening are universally recognized.<sup>3</sup> A list of questions to help men talk to their health care providers about prostate cancer screening is included on page 2 of the PDF Results Report.

#### References

1. American Cancer Society. Recommendations for Prostate Cancer Early Detection. Updated 08/01/2019. Available at: <https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/acs-recommendations.html>. Accessed 7/20/2020.
2. National Cancer Institute. PDQ Genetics of Prostate Cancer. Updated 06/13/2018. Available at: [https://www.cancer.gov/types/prostate/hp/prostate-genetics-pdq#\\_13\\_toc](https://www.cancer.gov/types/prostate/hp/prostate-genetics-pdq#_13_toc) Accessed 7/20/2020.
3. National Cancer Institute. Risks of Prostate Cancer Screening. Updated 02/22/2018. Available at: <https://www.cancer.gov/types/prostate/patient/prostate-screening-pdq>. Accessed 7/20/2020.