



## UROLOGICAL SOCIETY OF AUSTRALIA AND NEW ZEALAND

### Media Release

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### **Urologists reassure Australian men PSA test is best indicator for prostate cancer**

Australian men should be reassured the PSA blood test conducted in conjunction with a physical examination is the best available “flag” for the possibility of prostate cancer, says Dr David Malouf, president of the peak body for urologists, the Urological Society of Australia and New Zealand (USANZ).

Dr Malouf says Australian men should not be alarmed by reported comments by the inventor of the widely-used blood test, Richard Ablin, regarding the effectiveness of the test.

“Prostate cancer is the most commonly diagnosed cancer in men, and is the second most common cause of cancer deaths in men. Prostate cancer kills more than 3000 Australian and New Zealand men each year. Many people are surprised to learn that more men die from prostate cancer than there are women dying from breast cancer” says Dr Malouf.

“The PSA blood test does not diagnose prostate cancer. It raises a red flag and identifies those men who need to have prostate cancer excluded through further investigation,” says Dr Malouf.

“This is done with a prostate biopsy, and we know the earlier we detect and treat prostate cancer the better the outcome,” says Dr Malouf.

“Not all men diagnosed with prostate cancer will require treatment, and many slow growing tumours can be managed with “active surveillance””, says Dr Malouf.

“Equally, the vast majority of men who undergo PSA testing will have a normal PSA and can be reassured by the result.”

USANZ encourages men interested in their prostate health to have a single PSA test and DRE performed at or beyond age 40, which is an indicator of their risk of developing prostate cancer in the future.

**To interview Dr David Malouf, contact Edwina Gatenby, Maxicom Public Relations,  
ph 02 9965 9302 or mob. 0402 130 254**