

# Prostate Cancer Early Detection: Age Recommendations and PSA Levels Chart

## Age 40-75 for high-risk individuals, including:

- Black/African Americans
- Those with genetic mutations that increase the risk for prostate cancer
- Those with concerning family or personal history of cancer

Discuss benefits and risks of prostate cancer screening with your doctor

Have a baseline PSA and consider a baseline DRE

### Average-risk individuals:

- If PSA is less than 1 ng/mL and DRE normal (if done), repeat testing every 2 – 4 years
- If PSA is 1 – 3 ng/mL and DRE normal (if done), repeat testing every 1 – 2 years
- If PSA is more than 3 ng/mL and/or a very suspicious DRE, talk with your doctor about further testing

### High-risk individuals:

- If PSA is less than or equal to 3 ng/mL and DRE normal (if done), repeat testing every 1 – 2 years
- If PSA is more than 3 ng/mL and/or a very suspicious DRE, talk with your doctor about further testing

## Age 45-75 for average-risk individuals

## Age 75+

Talk with your doctor about if prostate cancer screening should continue. Testing after age 75 is recommended only in very healthy individuals.

If screened, and PSA is 4 ng/mL or more, or a very suspicious DRE, talk with your doctor about further testing