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European Urology  
Available online 15 August 2021  
In Press, Corrected Proof 

Review – Prostate Cancer

# Prostate-specific Antigen Testing as Part of a Risk-Adapted Early Detection Strategy for Prostate Cancer: European Association of Urology Position and Recommendations for 2021

Hendrik Van Poppel <sup>a</sup>  , Monique J. Roobol <sup>b</sup>, Christopher R. Chapple <sup>c</sup>, James W.F. Catto <sup>d, e</sup>, James N'Dow <sup>f, g</sup>, Jens Sønksen <sup>h, i</sup>, Arnulf Stenzl <sup>j</sup>, Manfred Wirth <sup>k</sup>

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## Abstract

### Background

Recommendations against prostate-specific antigen (PSA) testing in 2012 have increased advanced-stage diagnosis and prostate cancer-specific mortality rates.

### Objective

To present the position of the European Association of Urology (EAU) in 2021 and provide recommendations for the use of PSA testing as part of a risk-adapted strategy for the early detection of prostate cancer.

### Evidence acquisition

The authors combined their review of relevant literature, including the EAU prostate cancer guidelines 2021 update, with their own knowledge to provide an expert opinion representing

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This approach largely avoids the overdiagnosis/overtreatment of men unlikely to experience disease-related symptoms during their lifetime and facilitates an early diagnosis of men with significant cancer to receive active treatment. It also reduces advanced-stage diagnosis, thereby potentially reducing prostate cancer-specific mortality and improving quality of life. Education is required among urologists, general practitioners, radiologists, policy makers, and healthy men, including endorsement by the European Commission to adapt the European Council's screening recommendations in its 2022 plan and requests to individual countries for its incorporation into national cancer plans.

## Conclusions

This risk-adapted approach for the early detection of prostate cancer will reverse current unfavourable trends and ultimately save lives.

## Patient summary

The European Association of Urology has developed a [patient information leaflet](#) and algorithm for the early diagnosis of prostate cancer. It can identify men who do not need magnetic resonance imaging or a biopsy and those who would not show any symptoms versus those with more aggressive disease who require further tests/treatment. We need to raise awareness of this algorithm to ensure that all well-informed men at risk of significant prostate cancer are offered a prostate-specific antigen test.

## Take Home Message

A risk-adapted early prostate cancer detection strategy, incorporating prostate-specific antigen testing, multiparametric magnetic resonance imaging, risk calculators, and biomarkers, will avoid overdiagnosis/overtreatment of insignificant cancers and ensure early detection and treatment of significant cancers, thereby improving quality of life and reducing prostate cancer-related deaths.

## Keywords

Active surveillance; Biomarkers; Early detection of cancer; Education; Multiparametric magnetic resonance imaging; Prostate cancer; Prostate-specific antigen; Screening; Risk stratification

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