

Prostate Awareness Road Shows

Event Guidance Manual



Guidance Manual

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**Introduction**

This manual has been developed as a guide to groups putting on Prostate Health Awareness road shows including PSA tests using The Doctors Laboratory (TDL).

**Background**

The GFCT Trust was formed by Graham Fulford late 2004 having had a very dear friend and a close relative diagnosed with prostate cancer. Sadly, both lost their fight against this insidious disease having, like many, been diagnosed too late. Since inception the Trust has worked closely with various Urologists.

The great advantages of using TDL is the speed of response in getting the results, the flexibility it gives in enabling regular events to be held in local communities and the fact it offers PSA Free To Total Analysis when required. It is essential to understand all such groups will have the full support of GFCT (with the experience gained in holding in excess of 1000 events all over the country). Please feel free to contact us at any time.

**How To Get Started**

1. Get together a group of like-minded individuals who would “like to make a difference” in this vital area of men’s healthcare. Prostate cancer support groups are a perfect example.
2. Discuss this matter via phone, email or post with any of the following:

Naomi: naomigfct@gmail.com

Dave: davegfct@gmail.com

Tel 01926 419959 (Office hours 9am to 5pm)

www.psatests.org.uk

GFCT, 66B Smith Street, Warwick, CV34 4HU

Annette Wilkinson of TDL Pathology

Email: [Annette.Wilkinson@tdlpathology.com](mailto:Annette.Wilkinson@tdlpathology.com)

Tel 020 7307 7373

1. Consider holding a “pilot” session in a suitable venue in your locality. Please note GFCT will provide full ongoing support and follow up of any “abnormal” letters resulting from this pilot. After the “pilot” session consider setting up an ongoing regular awareness programme. As a guide each test costs £17 to £20 depending whether the extra test of ‘Free to total’ is required.
2. Local charities such as Freemasons; Rotary and Lions are just 3 of the many sorts of organisations who may be able to help financially. Some Banks do ‘Match Giving’ Schemes. Just ask around you may be pleasantly surprised by the results! Moreover, you can have voluntary collections at awareness events to help fund future road shows etc.

**How To Run a Road Show**

1. Locate and book a suitable venue and time. Please note the emphasis is now on checking the “Health” of your prostate. This should help alleviate some of the worries.
2. Advertise it – bearing in mind each test takes 3 to 4 minutes.
3. Organise a pool of helpers and trained operatives (Phlebotomists, Practice Nurses). You may have to at least reimburse expenses for the latter.
4. Contact TDL with the date, approximate numbers of attendees of your event. TDL will then send you all the Leaflets ‘A Guide to Men Considering A PSA Test’, Request Forms, Test Consent Forms and Medical kits to cover your event. TDL can put your own name/organisation on the forms. Please ensure you give TDL a reasonable lead time.
5. Contact GFCT to advise of the date and approximate numbers of attendees of your event.
6. Organise the ‘Incidentals’ shopping list (Appendix A). Most can be bought from local Chemists. Tourniquets and Sharps Disposal Boxes can be purchased from the Internet. Amazon etc.
7. Organise fund raising before, during and after the event to cover the cost of that and future sessions.
8. Give your helpers specific roles on the night (it may be worth swapping roles on an event by event basis so helpers become “multi taskers”). These tasks will include;
9. Greeting men as they arrive and explaining how it all works. Giving the men leaflets about PSA testing and any supporting organisations (GFCT/Rotary/Lions etc).
10. Getting the men to read the ‘A Guide for Men Considering a PSA test which gives them the Pro’s and Con’s of the test then if happy to go ahead getting them to complete a PSA Request Form and Consent form, ensuring they are completed legibly and signed.
11. Depending on your view, ask for donations to help fund your event.

**Post Road show Activities**

1. Results will be analysed by TDL who will email the results to GFCT. GFCT will then post or Email the relevant “Green”(normal result-but look out for any symptoms); “Amber”(close to the upper ”normal” level for a man of that age-recommended to have a follow up test in 3/6 months); or “Red”(abnormal-not necessarily meaning anything seriously wrong-but should certainly be followed up by a GP).

2. The Red letters include various information sites and helpline facilities, and other relevant supporting documentation.

3. Results are usually processed between 7/10 days depending on work load.

4. At the end of the event bag up all samples and either post them in the pre-paid envelope or put in a non-see through bag/box/container for collection by the courier. Make sure the Request Form is in with each sample.

5.Also send with the courier separately all unused forms and kits so that TDL can recycle the kits and reissue them for future events, Forms will be unique for each event so please do not carry them forward to another event.

6. Collect the Consent Forms and send by recorded delivery to GFCT, 66B Smith Street, Warwick, CV34 4HU.

Please note there will be a follow up of the “red” letters after approximately 6 months and “amber” letters after approximately 12 months. This procedure has been very well received in the past.

Have a “debrief” meeting to discuss how the event went/how it might be improved etc. Plan future events with a mindful eye-as ever-on fund raising to cover them! You should expect each test to cost £17 to £20 per person. If those who can contribute £17- £20 do so, this means that the fund-raising can go much further!

Keep in touch with TDL and GFCT about how things are going on this initiative.

**Conclusion**

Working together we will drive up the number of cancer finds and equally importantly improve the quality of life of lots of men suffering from benign conditions which it is equally important to find and treat.

APPENDIX A – INCIDENTALS NEEDED TO RUN AN EVENT

|  |
| --- |
| THIS MANUAL |
| A GUIDE TO PSA TEST LEAFLETS (supplied by TDL) |
| GFCT CONSENT FORMS (supplied by TDL) |
| PSA REQUEST FORM (supplied by TDL) |
| MEDICAL (BLOOD TAKING) KITS (supplied by TDL) |
| LARGE ENVELOPE ADDRESSED TO GFCT FOR CONSENT FORMS |
| RECEPTION DESK AND TDL OPERATIVE INFORMATION SHEETS |
| PROSTATE HEALTH INFORMATION LEAFLETS  (CAN BE SOURCED FROM PROSTATE CANCER UK) |
| TISSUES, DISPOSABLE GLOVES, ANTISEPTIC HAND GEL, PLASTIC APRONS, DISINFECTANT SPRAY/CLOTHS FOR CLEANING TABLES  MICROPORE/PLASTERS/COTTON WOOL BALLS/TOURNIQUETS |
| SHARPS NEEDLES DISPOSAL BOXES  RUBBISH BAGS |
| PENS |
| COLLECTION BUCKETS AND GIFT AID FORMS |

**WE RECOMMEND YOU PRINT OFF THIS HELP SHEET FOR YOUR RECEPTION HELPERS**

**PLEASE READ CAREFULLY BEFORE COMMENCING**

* ON ARRIVAL MEN ARE GIVEN
* A GUIDE FOR MEN CONSIDERING A PSA TEST
* GFCT CONSENT FORM
* PSA REQUEST FORM
* GIFT AID FORM (IF USING)
* PLEASE ASK THEM TO READ THE ‘A GUIDE FOR MEN CONSIDERING A PSA TEST’ ANSWERING ANY QUERIES THEY MAY HAVE AND IF THEY ARE HAPPY TO PROCEED THEY CAN THEN FILL IN THE PSA REQUEST FORM CLEARLY AND SIGN THE CONSENT FORM.
* DEPENDING ON YOUR LEVEL OF HELPERS YOU COULD THEN DIRECT THE MEN TO SOMEONE WHO COULD CHECK THEIR CONSENT FORMS AND PSA REQUEST FORMS MAKING SURE THEY ARE LEGIBLE AND SIGNED.
* THE MEN ARE THEN SHOWN TO THE WAITING AREA WITH THEIR PSA REQUEST FORMS AND CONSENT FORMS TO WAIT FOR THE NURSE/PHLEBOTOMIST

**WE RECOMMEND YOU PRINT OFF THIS HELP SHEET FOR YOUR PHLEBOTOMISTS**

**PLEASE READ CAREFULLY BEFORE COMMENCING**

* WHEN READY CALL MEN OVER
* **CHECK** CONSENT FORM IS FILLED IN AND **SIGNED**.
* **CHECK** THE REQUEST FORM IS FILLED IN, ALL BOXES HAVE BEEN TICKED AND IT IS **LEGIBLE**
* TAKE BLOOD SAMPLE FILL IN THE LABEL ON THE TUBE WITH NAME DOB AND CURRENT DATE.
* PUT SAMPLE **WITH** **PSA REQUEST FORM** IN THE PLASTIC SAMPLE BAG IF BEING COLLECTED BY COURIER OR PRE-PAID ENVELOPE (IF BEING POSTED).
* **RETAIN** THE CONSENT FORM TO BE COLLECTED AND **SENT TO GFCT** AT THE END OF THE SESSION BY **RECORDED DELIVERY**
* INFORM THE MAN HE WILL RECEIVE HIS RESULT AS SOON AS WE CAN – HOPEFULLY WITHIN 7-10 DAYS THOUGH THIS IS DEPENDANT ON THE WORK LOAD!
* AT THE END OF THE EVENT BAG UP ALL SAMPLES AND EITHER POST THEM IN THE PRE-PAID ENVELOPE OR PUT IN A NON-SEE THROUGH BAG/BOX/CONTAINER FOR COLLECTION BY THE COURIER. MAKE SURE THE REQUEST FORM IS IN WITH EACH SAMPLE.
* ALSO SEND WITH THE COURIER SEPARATELY ALL UNUSED FORMS AND KITS SO THAT TDL CAN RECYCLE THE KITS AND REISSUE THEM FOR FUTURE EVENTS. FORMS WILL BE UNIQUE FOR EACH EVENT SO PLEASE DO NOT CARRY THEM FORWARD TO ANOTHER EVENT.
* COLLECT THE CONSENT FORMS AND SEND TO GFCT, 66B SMITH STREET, WARWICK, CV34 4HU **BY RECORDED DELIVERY**.



THIS INFORMATION SHEET REPRESENTS THE COUNSELLING ADVICE AND MUST BE READ AND UNDERSTOOD BEFORE YOU CONSENT TO THE PSA BLOOD TEST.

IF YOU HAVE ANY QUERIES PLEASE SPEAK TO A MEMBER OF THE CHARITY

**A GUIDE FOR MEN CONSIDERING A PSA TEST**

THE PSA TEST IS A SIMPLE BLOOD TEST USED TO HELP DETECT PROSTATE CANCER (PC).

IN ITS EARLY STAGES PC GENERALLY PRODUCES NO SYMPTOMS, SO IT IS IMPORTANT TO DIAGNOSE THE DISEASE BEFORE SYMPTOMS ARISE AND WHILE IT IS STILL POTENTIALLY CURABLE.

A RECENT TRIAL (EUROPEAN UROL 2015: 68; 354-360) SUGGESTS THAT TREATING PC MAY SIGNIFICANTLY PROLONG A MAN’S LIFE. A HIGH LEVEL OF PSA (USUALLY 10NG/ML & ABOVE) IS LIKELY TO BE AN INDICATION OF PROSTATE CANCER AND SHOULD THEREFORE PROMPT FURTHER INVESTIGATION.

A MODERATELY RAISED PSA LEVEL (USUALLY 4NG/ML & ABOVE) (DEPENDANT ON AGE) MEANS THAT OTHER FACTORS, INCLUDING DIGITAL RECTAL EXAMINATION, ETHNICITY FAMILY HISTORY, PROSTATE VOLUME, PSA HISTORY, AND FREE TO TOTAL PSA RATIO, SHOULD BE CONSIDERED IN DETERMINING WHETHER TO SEND A MAN FOR FURTHER TESTS SUCH AS MRI SCANS AND BIOPSY.

HOWEVER, IN THREE QUARTERS OF SUCH CASES, FURTHER TESTS DO NOT DETECT CANCER. THERE CAN BE OTHER REASONS FOR A MODERATELY ELEVATED PSA¸ E.G. URINARY INFECTION, ENLARGED PROSTATE ETC. AND THESE MAY NEED TREATMENT.

RESULTS CAN ALSO BE RAISED AS A RESULT OF SEXUAL INTERCOURSE (OR EJACULATION) UP TO 48 HOURS BEFORE THE TEST, OR IF YOU HAVE HAD A DIGITAL RECTAL EXAMINATION BY A DOCTOR IN THE LAST WEEK OR A PROSTATE BIOPSY IN THE LAST SIX WEEKS.

PROSTATE CANCER IS NOT ALWAYS AGGRESSIVE OR LIFE THREATENING. EVEN IF FURTHER TESTS DO DETECT EARLY-STAGE PROSTATE CANCER, A SPECIALIST MAY NOT BE ABLE TO TELL WHETHER THE CONDITION IS LIFE THREATENING OR HARMLESS. THIS MAY MAKE TREATMENT CHOICES DIFFICULT FOR BOTH PATIENT & CLINICIAN.

ALL THESE FACTORS HAVE LED TO THE CURRENT CONTROVERSY OVER THE VALUE OF THE PSA TEST. HOWEVER, THE UNCERTAINTIES MAY BE REDUCED BY MEN HAVING A REGULAR TEST.

REGULAR MONITORING OF PSA LEVELS CAN HIGHLIGHT ANY SIGNIFICANT OR GRADUAL INCREASE, SO THAT EVEN WHEN THE PSA IS WITHIN THE 'NORMAL' RANGE, ONE MAYBE ALERTED TO THE NEED FOR FURTHER INVESTIGATION.

THE GRAHAM FULFORD CHARITABLE TRUST

REGISTERED CHARITY No.1109385

**CONSENT FORM FOR PSA TEST**

YOU ARE REMINDED THAT BY DEFINITION THIS TEST IS ONLY AN INDICATIVE ONE. WE STRONGLY URGE YOU TO FOLLOW THE MATTER UP WITH YOUR GP IF ADVISED TO DO SO.

PLEASE PRINT IN **BLOCK** CAPITALS

FULL NAME: ………………………………………………………………………………………………………………….……..….……….…………

ADDRESS: ….………………………………………………………………….…………………………………………………………….………..……

…………………….…………………………………………………………………………………………………………………………………..….……..

TOWN: …………………………………………………………………………………..…… POSTCODE: ……………………..…….……

DATE OF BIRTH (DD/MM/YYYY): ............ /........... / ............................. AGE: …………….………..

PHONE NUMBER: ……………………………………………………………………………………………………………………………………………………….

IF YOU WOULD BE HAPPY TO PROVIDE YOUR EMAIL ADDRESS SO WE CAN SEND YOU FURTHER INFORMATION OCCASIONALLY, PLEASE ADD IT BELOW. PLEASE PRINT CLEARLY:

EMAIL ADDRESS: ……………………………….……………………………………………………………………………………………………………….……..

HAVE YOU HAD A PSA TEST WITH THE GRAHAM FULFORD CHARITABLE TRUST BEFORE? YES NO

IF YES, HAS YOUR ADDRESS CHANGED SINCE YOUR LAST VISIT? YES NO

**PLEASE CIRCLE**:

WHITE – EUROPEAN / WHITE – OTHER / ASIAN / AFRO CARIBBEAN / MIXED RACE / OTHER

**FAMILY HISTORY OF PROSTATE CANCER**: FATHER / BROTHER / UNCLE / GRANDFATHER

**FAMILY HISTORY OF BREAST CANCER**: MOTHER / SISTER / AUNT / GRANDMOTHER

**PLEASE TICK:**

YOU HAVE HAD SEXUAL INTERCOURSE OR EJACULATED IN THE LAST TWENTY FOUR HOURS? **YES NO**

YOU ARE CURRENTLY TAKING THE DRUG**: PROSCAR** /**PROPECIA** (FINASTERIDE)? **YES** **NO**

YOU ARE CURRENTLY TAKING THE DRUG: **AVODART** (DUTASTERIDE)? **YES** **NO**

YOU ARE CURRENTLY TAKING THE DRUG: **COMBODART (**DUTASTERIDE)? **YES** **NO**

YOU HAVE TAKEN VIGOROUS EXERCISE IN THE LAST 24HRS (CYCLE RIDING ESPECIALLY)? **YES** **NO**

**PLEASE TURN PAGE OVER**

All information supplied will be held by The Graham Fulford Charitable Trust and will remain secure and confidential.  Your details will only be used in order to allow the charity to monitor any changes in the rate of velocity (change) in your PSA score and for research purposes and **will not** be passed on to any third parties or used for marketing purposes in accordance with the Data Protection Act 1998. Any information passed on to research organisations will be completely anonymised and will contain **no** personal information.

If you have any concerns regarding the above, please speak to a member of the charity staff who will be happy to discuss this further with you.

I WOULD LIKE TO HAVE A BLOOD TEST BY WHICH THE LEVEL OF PROSTATE SPECIFIC ANTIGEN (PSA) AND OTHER MARKERS MAY BE MEASURED. I UNDERSTAND THAT THIS COULD GIVE A DOCTOR SOME INDICATION OF ANY ABNORMALITY WITHIN MY PROSTATE GLAND BUT THAT I MAY ALSO NEED A SIMPLE CLINICAL EXAMINATION CARRIED OUT BY MY DOCTOR. I UNDERSTAND THAT I WILL BE NOTIFIED OF THE RESULT AND ADVISED OF ANY FURTHER ACTION THAT MAY NEED TO BE TAKEN. I UNDERSTAND THAT VERY OCCASIONALLY THE RESULT COULD BE NORMAL EVEN IF MY PROSTATE GLAND IS ABNORMAL AND THAT IF I HAVE TROUBLE PASSING URINE I SHOULD STILL ARRANGE TO SEE MY DOCTOR.I ACCEPT THE CHARITY ACCEPTS NO RESPONSIBILITY FOR ANY ACTION I MAY TAKE FOLLOWING RECEIPT OF MY RESULT.

**SIGNATURE: .......................................................... DATE: .....................**

**FOR OFFICE USE ONLY**

**TDL RESULT DATE SENT …………………………**

AGE **…………………………**

SCORE **…………………………**

FREE TO TOTAL **…………………………**

RED, AMBER, GREEN **…………………………**

**TDL RESULT DATE SENT …………………………**

AGE **…………………………**

SCORE **…………………………**

FREE TO TOTAL **…………………………**

RED, AMBER, GREEN **…………………………**

**TDL RESULT DATE SENT …………………………**

AGE **…………………………**

SCORE **…………………………**

FREE TO TOTAL **…………………………**

RED, AMBER, GREEN **…………………………**



[www.psatests.org.uk](http://www.psatests.org.uk)

|  |  |
| --- | --- |
| «AddressBlock»  «GreetingLine» | Tuesday, 11 December 2018  **GREEN PSA RESULT**  D.O.B : **«PersonDate\_of\_Birth»**  PSA Total: **«PSA\_Total»** (ng/ml)  Free-to-Total Ratio: **«Ratio»** |

The result of your PSA blood test on **«Date\_of\_Test»** indicates that your Prostate Specific Antigen (PSA) level is as shown above; if the test result is greater than 1.5 the Free-to-Total Ratio is also shown. If you are taking Finasteride (Proscar or Propecia) or Dutasteride (Avodart or Combodart) it is understood the “true” value of your PSA could be approximately double that shown.

Whilst this appears “normal” within the guidelines outlined below, you should be aware that even with a normal PSA there is still a chance of having prostate disease. Therefore if you are having problems visiting the toilet very frequently, making several visits during the night, having to rush to the toilet urgently, waiting a long time to start, only having a weak stream, passing blood or experiencing incontinence you would still be advised to see your GP. In any event it is recommended that you have the test repeated at regular intervals, in consultation with your GP.

The Graham Fulford Charitable Trust

Age-related referral values for total PSA levels as used by a number of leading NHS hospitals

|  |  |  |  |
| --- | --- | --- | --- |
| Age Range | **Green** | **Amber** | **Red** |
| Under 50 | Less than 2.0 | 2.0 - 3.0 | Over 3.0 |
| Under 60 | Less than 3.0 | 3.0 – 4.0 | Over 4.0 |
| Under 70 | Less than 4.0 | 4.0 – 5.0 | Over 5.0 |
| 70 and over | Less than 5.0 | 5.0 – 6.0 | Over 6.0 |

It should be noted that the levels used above are slightly higher than those recommended by the Department of Health (DOH), but slightly lower than those recommended by the British Association of Urological Surgeons (BAUS). For DOH levels visit **www.cancerscreening.nhs.uk/prostate/prostate-booklet-text.pdf**. For BAUS levels visit **www.baus.org.uk**



[www.psatests.org.uk](http://www.psatests.org.uk)



|  |  |
| --- | --- |
| «AddressBlock»  «GreetingLine» | Tuesday, 11 December 2018  **AMBER PSA RESULT**  D.O.B : **«PersonDate\_of\_Birth»**  PSA Total: **«PSA\_Total»** (ng/ml)  Free-to-Total Ratio: **«Ratio»** |

The result of your PSA blood test on **«Date\_of\_Test»** indicates that your Prostate Specific Antigen (PSA) level is as shown above; if the test result is greater than 1.5 the Free-to-Total Ratio is also shown. If you are taking Finasteride (Proscar or Propecia) or Dutasteride (Avodart or Combodart) it is understood the “true” value of your PSA could be approximately double that shown.

You will see this result is “borderline” within the guidelines outlined below. You are recommended, therefore, to contact your Doctor for a follow-up test. We understand that some medications may reduce the level of PSA indicated in the test, and ejaculation within the 24 hours before the test or very vigorous exercise, particularly cycling, may increase the level. Infections of the prostate can also raise PSA levels.

The Graham Fulford Charitable Trust

Age-related referral values for total PSA levels as used by a number of leading NHS hospitals

|  |  |  |  |
| --- | --- | --- | --- |
| Age Range | **Green** | **Amber** | **Red** |
| Under 50 | Less than 2.0 | 2.0 - 3.0 | Over 3.0 |
| Under 60 | Less than 3.0 | 3.0 – 4.0 | Over 4.0 |
| Under 70 | Less than 4.0 | 4.0 – 5.0 | Over 5.0 |
| 70 and over | Less than 5.0 | 5.0 – 6.0 | Over 6.0 |

It should be noted that the levels used above are slightly higher than those recommended by the Department of Health (DOH), but slightly lower than those recommended by the British Association of Urological Surgeons (BAUS). For DOH levels visit

**www.cancerscreening.nhs.uk/prostate/prostate-booklet-text.pdf.** For BAUS levels visit **www.baus.org.uk**



www.psatests.org.uk



|  |  |
| --- | --- |
| «AddressBlock»  «GreetingLine» | Tuesday, 11 December 2018  **RED PSA RESULT**  D.O.B : **«PersonDate\_of\_Birth»**  PSA Total: **«PSA\_Total»** (ng/ml)  Free-to-Total Ratio: **«Ratio»** |

The result of your PSA blood test on **«Date\_of\_Test»** indicates that your Prostate Specific Antigen (PSA) level is as shown above; the Free-to-Total Ratio is also shown. If you are taking Finasteride (Proscar or Propecia) or Dutasteride (Avodart or Combodart) it is understood the “true” value of your PSA could be approximately double that shown.

You will see this result is outside the guidelines considered as “normal” for a man of your age in relation to the guidelines outlined below. It does not necessarily imply there is anything seriously wrong with your prostate, but you would be advised to see your Doctor shortly as he may wish to carry out a further lab test and a simple clinical examination. If necessary your doctor may refer you to a specialist for further tests.

You should be aware that some medications could reduce the level of PSA indicated in the test, and ejaculation within the 24 hours before the test or very vigorous exercise, particularly cycling, may increase the level. Infections of the prostate can also raise PSA levels.

The Graham Fulford Charitable Trust

Age-related referral values for total PSA levels as used by a number of leading NHS hospitals

|  |  |  |  |
| --- | --- | --- | --- |
| Age Range | **Green** | **Amber** | **Red** |
| Under 50 | Less than 2.0 | 2.0 - 3.0 | Over 3.0 |
| Under 60 | Less than 3.0 | 3.0 – 4.0 | Over 4.0 |
| Under 70 | Less than 4.0 | 4.0 – 5.0 | Over 5.0 |
| 70 and over | Less than 5.0 | 5.0 – 6.0 | Over 6.0 |

**FOR MORE INFORMATION ABOUT REFERRAL LEVELS AND OTHER FACTORS AFFECTING PSA SCORES - PLEASE TURN OVER**



**Red Letter Information Sheet**

1. It should be noted that the levels used overleaf are slightly higher than those recommended by the Department of Health (DOH), but slightly lower than those recommended by the British Association of Urological Surgeons (BAUS). For DOH levels visit **www.cancerscreening.nhs.uk/prostate/prostate-booklet-text.pdf**. For BAUS levels visit **www.baus.org.uk**
2. It is generally accepted that 75% of all raised scores are not because prostate cancer is present but because of something like a simple urinary tract infection; benign prostate hyperplasia (BPH); prostatitis or indeed simply a one off high reading.
3. Given these statistics an early discussion with your GP and a repeat test seems sensible. Please take this information sheet with you.
4. The revised Gov.Uk Prostate Cancer Risk Management Programme (PCRMP) published on 29th March 2016 includes the following statement “Studies have suggested that reflex testing with PSA Isoforms, such as ratio of Free to Total PSA (f/t + PSA) for men with PSA values <10ng/ml (known as the diagnostic ‘grey zone’) could improve specificity and reduce the number of unnecessary biopsies”. For full details of the PCRMP please visit **www.gov.uk/government/publications/prostate-cancer-risk-management-programme-psa-test-benefits-and-risks**
5. A “Free to Total Ratio” is a more refined PSA test.
6. The Graham Fulford Charitable Trust statistics, based on over 60,000 tests carried out across the UK between 2004 and 2016 fully support this statement and in over 88% of more than 650 cancers found to date where Free to Total ratios were available, the ratio was less than 18%. The Free to Total test is a simple, inexpensive blood test. The benefits of having such a test should be discussed with your GP.
7. Since there are downside risks of having a prostate biopsy, in addition to determining your Free to Total ratio we believe you may want to discuss with your GP/specialist other available possible prostate cancer indicators including such things as an MRI scan BEFORE embarking on prostate biopsy.
8. There is now a wealth of information available on the subject of Prostate Cancer. The following are just a few links you might like to follow:

**psatests.org.uk**

**chaps.uk.com**

**prostatecanceruk.org**

**www.cancerresearchuk.org**

**tackleprostate.org**