

## From Reuters Health Information

# Prostate Cancer Biopsy May Progress Without PSA Changes

By Will Boggs, MD

NEW YORK (Reuters Health) Apr 18 - In patients with low-risk prostate cancer, biopsy progression may occur in the absence of significant changes in prostate specific antigen (PSA), according to a report in the March 21st online issue of The Journal of Urology.

"In well selected men with early stage prostate cancer, there is very little change in PSA over the first 24 months of surveillance," Dr. Jared M. Whitson from University of California-San Francisco, told Reuters Health by email. "While a stable PSA may decrease anxiety for patients between biopsies, the results of this study show that biopsy remains a critical component of monitoring for disease progression."

Dr. Whitson and colleagues investigated the concordance between PSA changes and biopsy progression during the first 24 months of active surveillance in 241 men with prostate cancer.

The median change per year in the natural logarithm of PSA was 0 ln(ng/mL), for a yearly PSA ratio of 1.0, based on 4 PSA measurements per patient collected during a median of 15 months of follow-up.

Seven men had a 50% decrease in PSA within 3 years, and only one patient had a PSA doubling within 3 years.

Despite the stability of the PSA measurements, 55 men (23%) showed progression on their first repeat biopsy (at a median follow-up of 10 months).

PSA velocity was 0.02 ng/mL yearly in men without biopsy progression and -0.16 ng/mL in men with biopsy progression.

The odds of biopsy progression weren't significantly associated with PSA velocity. The only factor significantly associated with progression was increasing age, whereas increasing prostate volume was associated with significantly decreased odds of biopsy progression.

"All patients with early stage prostate cancer on active surveillance should be followed for progression primarily with repeat biopsies," Dr. Whitson concluded.

"Careful analysis of randomized trials reveals that PSA screening lowers prostate cancer mortality, but at the cost of overdiagnosis," Dr. Whitson said. "Active surveillance in patients with low risk prostate cancer can minimize the burden of overdiagnosis by preventing overtreatment of indolent disease."

"We are currently studying the natural history of grade and volume change on repeat biopsy in order to better define the appropriate biopsy interval," Dr. Whitson added. "We are also investigating less invasive monitoring such as MRI spectroscopy."

SOURCE: <http://bit.ly/e3qeiP>

J Urology 2011.

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Section 1: Reading

1. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of education. It discusses how education can help people improve their lives and contribute to society. The second part is about the challenges of education in developing countries. It talks about the lack of resources and the need for more investment in education.

2. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the benefits of exercise. It explains how regular physical activity can improve your health and mood. The second part is about the importance of a healthy diet. It discusses how eating well can help you stay fit and avoid chronic diseases.

3. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the history of the internet. It traces the development of the internet from its early beginnings to the widespread use of the World Wide Web. The second part is about the impact of the internet on society. It discusses how the internet has changed the way we communicate and access information.

4. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of teamwork. It explains how working together can help people achieve their goals more effectively. The second part is about the challenges of working in a team. It discusses how to overcome communication barriers and manage conflicts.

5. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of time management. It discusses how to prioritize tasks and avoid procrastination. The second part is about the benefits of staying organized. It explains how a clear system can help you work more efficiently.

6. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of communication. It explains how good communication skills are essential for success in any field. The second part is about the challenges of communication. It discusses how to listen actively and express your ideas clearly.

7. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of problem-solving. It discusses how to identify the root cause of a problem and come up with creative solutions. The second part is about the benefits of critical thinking. It explains how to evaluate information and make sound decisions.

8. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of leadership. It explains how a good leader can inspire and motivate their team. The second part is about the challenges of leadership. It discusses how to handle difficult situations and make tough decisions.

9. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of innovation. It discusses how new ideas can drive progress and create new opportunities. The second part is about the challenges of innovation. It explains how to overcome resistance to change and bring new products to market.

10. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of ethics. It discusses how ethical behavior is essential for building trust and maintaining a good reputation. The second part is about the challenges of ethics. It explains how to navigate difficult moral dilemmas and make the right choice.

11. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of resilience. It explains how to bounce back from setbacks and stay motivated in the face of adversity. The second part is about the benefits of a growth mindset. It discusses how to embrace challenges and learn from failures.

12. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of networking. It discusses how to build a strong professional network and find opportunities. The second part is about the challenges of networking. It explains how to make meaningful connections and avoid superficial relationships.

13. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of self-awareness. It explains how to understand your strengths and weaknesses and use them to your advantage. The second part is about the benefits of mindfulness. It discusses how to stay present and focused in a busy world.

14. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of goal setting. It discusses how to set realistic goals and create a plan to achieve them. The second part is about the challenges of goal setting. It explains how to stay motivated and track your progress.

15. Read the text and answer the questions. Write your answers in the spaces provided.

The first part of the text is about the importance of time management. It discusses how to use your time effectively and avoid distractions. The second part is about the benefits of productivity. It explains how to work smarter, not harder, and get more done in less time.