

Find Cancer Early: A Guide for General Practitioners



Find Cancer Early: A Guide for General Practitioners is a tool designed to assist Western Australian General Practitioners (GPs) in the early diagnosis of patients with colorectal, lung, prostate, breast and skin cancers. This resource uses evidence-based positive predictive value (PPV) tables that highlight the clinical features that best predict cancer^{1,4,9}. This guide is not intended to replace clinical judgment, the need for a thorough patient and family history, or the importance of assessing an individual's risk factors.

PROSTATE CANCER

Symptoms that best predict prostate cancer¹

- hesitancy
- nocturia
- frequency/urgency
- haematuria
- weight loss

Figure 1: Probability of cancer if clinical features present¹

Haematuria	Loss of weight	Nocturia	Hesitancy	Rectal exam - benign	Rectal exam - malignant	Frequency/urgency	PPV= Positive predictive value (%) or probability of cancer
1.0	0.75	2.2	3.0	2.8	12	2.2	PPV as a single clinical feature
1.6*	□	1.9	□	3.3	3.9	1.8	Haematuria
	2.1*	12	□	9.4	□	1.8	Loss of weight
		3.3*	2.8	3.9	15	3.2	Nocturia
			2.0*	3.3	10	4.7	Hesitancy
						3.1*	Frequency/urgency
						4.0	Rectal exam - benign
						13	Rectal exam - malignant

Figure 1 shows the probability of prostate cancer for individual and pairs of clinical features, including second* presentation.

For example, the probability of prostate cancer for nocturia alone is 2.2%, but nocturia combined with weight loss increases the probability to 12%. Two separate presentations of nocturia have a probability of 3.3%.

Probabilities highlighted in red are >5%, and urgent referral should be considered.

- >5% probability of cancer
- 2-5% probability of cancer
- 1-2% probability of cancer
- <1% probability of cancer
- * Second presentation
- denotes data unknown

Risk factors

- increasing age⁸
- family history of prostate, breast or ovarian cancer (see RACGP Red Book² for risk criteria).

Implications for practice

- Severity of symptoms does not predict prostate cancer.
- Men age >40 years with lower urinary tract symptoms should have a Digital Rectal Exam (DRE) and PSA blood test.

Send referral to the Central Referral Service (CRS) or phone: 1300 551 142

For more information, access the Cancer Council Australia **Optimal Care Pathway (OCP)**¹⁶ for men with prostate cancer

Refer all patients exhibiting symptoms suggestive of advanced prostate cancer urgently to a Urologist affiliated with a multidisciplinary team (MDT).

View more FCE resources at findcancerearly.com.au/gp/

Partner:



Government of Western Australia
Department of Health

