

DR. CHARLES METZGER'S SATURDAY EVENING NEWSLETTER

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“Comparing the Performance of Digital Rectal Examination and Prostate-specific Antigen as a Screening Test for Prostate Cancer: A Systematic Review and Meta-analysis”.

UroToday, January 10, 2024, Akihiro Matsukawa, M.D. et. Al.

<https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/148993-comparing-the-performance-of-digital-rectal-examination-and-prostate-specific-antigen-as-a-screening-test-for-prostate-cancer-a-systematic-review-and-meta-analysis.html>

Good evening.

No one likes digital rectal exams (DRE). They are a long standing way of detecting prostate cancer near or at the capsule wall. Finding extra capsular extensions, especially small ones requires skill and practice and knowledge of how cancer grows. I've found indications of cancer with DRE in spite of low PSA results.

On the other side is improved technology including multi parametric magnetic resonance imaging that detects cancer with a respectable degree of accuracy. Not perfect but certainly better than the “good old days”. And, the professional belief in improved diagnostics is stirring interest in the effectiveness of DRE's perhaps with the goal of retiring this practice.

Dr. Matsukawa led a team of researchers on two continents and combined several controlled studies with data from past clinical experience to see if the skilled finger is still a worthwhile diagnostic tool. And, the DRE fails their test.

Share your views with me at ProstateForumOC@gmail.com

Have a great rest of the weekend.

Warmly,

CKM

