ARUP offers **Prostate-Specific Kallikrein, 4Kscore (test code 2014059),** to help determine the risk of prostate cancer. This test:

- Uses a noninvasive testing method
- Measures four prostate-specific biomarkers and clinical components
- Predicts risk of high-grade prostate cancer
- Predicts long-term risk of distant metastasis
- Reduces overtreatment and unnecessary biopsies
- Allows physicians to make better treatment decisions for their patients

The 4Kscore Test is included in the National Comprehensive Cancer Network (NCCN) Guidelines for Prostate Cancer Early Detection.

To order Prostate-Specific Kallikrein, 4Kscore, please contact your ARUP account executive or call ARUP Client Services at 800-522-2787.

For more information, visit:

**4kscore.com**

4Kscore®

BioReference LABORATORIES an OPKO Health Company

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*A nonprofit enterprise of the University of Utah and its Department of Pathology*


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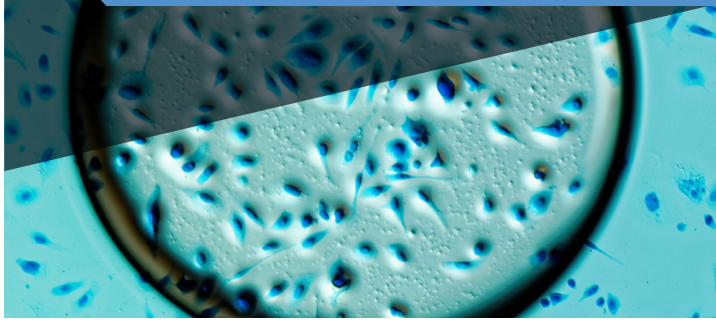
TESTING AT ARUP LABORATORIES



# The 4Kscore Test for Prostate Cancer:

## Assess Your Patient's Risk

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The National Cancer Institute estimates that there will be 288,300 new cases of prostate cancer in 2023.

## Low-Grade Prostate Cancer

- Not aggressive
- Grows slowly
- Cancer cells are unlikely to spread (metastasize) to other parts of the body
- Monitoring recommended

## Aggressive Prostate Cancer

- Grows and spreads quickly
- Cancer cells are likely to metastasize to other parts of the body
- Requires early treatment in many cases
- Can be deadly

## Testing for Prostate Cancer

A prostate-specific antigen (PSA) test is a blood test generally used to screen for prostate cancer. The test measures the amount of total PSA in your blood.

PSA levels of 4.0 ng/mL and lower are considered normal, while PSA levels above 4.0 ng/mL are considered elevated and may indicate an enlarged prostate (typical in older individuals) or prostate cancer. Recent studies recommend using less than 2.5 or 3.0 ng/mL as a cutoff for normal values, particularly in younger patients.

Because PSA tests poorly differentiate between benign conditions, slow-growing prostate cancer, and aggressive prostate cancer, physicians often recommend a biopsy if PSA results are elevated.

Many patients undergo unnecessary and costly biopsies, resulting in overtreatment of low-grade prostate cancer. Overtreatment can lead to significant complications and morbidity, including sepsis.


## About the 4Kscore Test

**Prostate-Specific Kallikrein, 4Kscore**
**ARUP Test Code 2014059**

The 4Kscore Test measures four biomarkers: total PSA, free PSA, intact PSA, and human kallikrein-2 (hK2). Blood test results are combined in an algorithm with a patient's age, optional digital rectal exam, and previous biopsy results to give physicians a personal risk score for each patient.

Unlike traditional PSA tests, The 4Kscore Test distinguishes individuals with a low risk for aggressive prostate cancer from those with a high risk. Individuals with a low-risk 4Kscore have a more than 99% chance of not developing distant metastasis within the next 10 years.

The 4Kscore Test should be used as a follow-up test to improve the specificity of PSA screening. Most individuals with elevated PSA levels are good candidates for the 4Kscore Test.

**Do not use this test on a patient who:**

- Has had a previous diagnosis of prostate cancer
- Is younger than 45 or older than 80 years of age
- Has received a digital rectal examination (DRE) in the previous 96 hours (4 days) before phlebotomy (a DRE performed after the phlebotomy is acceptable)
- Has received 5-alpha reductase inhibitor (5-ARI) therapy such as Avodart (dutasteride) or Proscar (finasteride) within the previous 6 months
- Has had any procedure or received therapy to treat symptomatic benign prostatic hyperplasia (BPH) or has had any invasive urologic procedure that may be associated with a secondary PSA elevation before phlebotomy within the previous 6 months