



Quest Physician Update

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Transforming Healthcare- Together.

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Dear Colleagues,

The buzz this month is about PSA testing.

The United States Preventive Services Task Force (USPSTF) updated their 2008 recommendation that found inconclusive evidence of benefit from PSA screening in men ages 50 to 75. Physicians were encouraged to talk about the known risks and benefits with their patients. At the same time, the Task Force found convincing evidence that PSA testing in men 75 and older did more harm than good and should not be done.

Scientific knowledge keeps growing including knowledge about the risks and benefits of PSA screening. The USPSTF now recommends against PSA screening in asymptomatic men. Studies completed since 2008 failed to detect decreased prostate cancer deaths in men who were screened. Over that period, studies also find screening results cause significant harm to men.

For every 1,000 men treated for prostate cancer, five die of perioperative complications; 10-70 suffer significant complications but survive; and 200-300 suffer long-term problems, including urinary incontinence, impotence or both. You can review the literature for yourself at <http://www.uspreventiveservicestaskforce.org/uspstf12/prostate/prostateart.htm>

Clearly we 'jumped the gun' when we, as a medical community, began screening men with the belief that we were doing the right thing by ordering routine PSA tests. Routine PSA testing on men with no symptoms should stop. Ask your patients to visit our Preventive Care Calculator at www.qualityquest.org/preventive-care-calculator to find out what preventive services are recommended for them based on age and gender.

Affordable medications campaign

Quest recently launched a generic drugs awareness campaign. Check out qualityquest.org under *Why Pay More?* and share the resources with your patients. There are also posters and brochures you can download for distribution or display in your office.

Thank you for all you do to make patient care better and safer.

Together, we are transforming healthcare.

Respectfully,

Quality Quest asks:

Why Pay More?



...brands & generics
are the same

Learn more at qualityquest.org

