CHAPS The Men's Health Charity

The UK has one of the worst Prostate Cancer (PCa) death rates as nearly half of all men present with advanced (stage 3 and 4) PCa. There is a cheap and simple test known as PSA that can indicate which men need investigation with MRI, and possible biopsy for the definitive diagnosis of PCa at an early, curable stage.

In 2023 CHAPS commissioned a study that showed the abnormal PSA rate in Clacton was 3% higher than in the rest of NE Essex, implying that the incidence of PCa would be higher. CHAPS' own researcher checked outcomes for men who had abnormal PSA results from 2022, looking at cancers detected, how men are utilising follow-up and how effectively GPs are managing men with abnormal PSAs. Of 2,934 men CHAPS tested, 255 (8.7%) had an abnormal PSA, and a recommendation to see their GP for referral to a specialist and MRI scan. Of 192 men who acted and saw their GP, 97 were referred to a Specialist Urologist resulting in 52 cancers diagnosed, 42 received Radical Treatment and 10 are on Active Surveillance. In 2023, 2,349 men tested, 168 abnormal, 28 cancers, 22 receiving radical treatment and 6 on surveillance, and in 2024 3,497 men tested, at 40 events - an increase of 1,100 men, and in 2025 there will be 60 events and screen 5,000 men.

Data on age, family history and ethnicity is linked to the PSA result to provide an individual risk assessment for future PSA development for men with a normal PSA. Data is then used to drive the reminder, recall and retest schedule essential for an organised programme.