

Feasibility study for early detection of prostate cancer

In 2025, we will continue the early detection program for prostate cancer.

Men aged 50–69, residing in Tallinn or Tartu, who have valid health insurance and have not had a PSA test in the past 12 months, are eligible to participate in the study.

All participants will receive a personal invitation by e-mail, regular post or SMS from the end of May. **Participation in the study is voluntary and free of charge.**

The screening begins with the measurement of PSA, or prostate-specific antigen, from a blood sample. For this, participants are asked to schedule a suitable time for the blood test at a collection point (in Tallinn or Tartu) online or by phone. Men whose PSA test result exceeds a certain level are referred to a urologist and further action will take place at a healthcare facility, including the ETCH. At the urologist's appointment, the risk of prostate cancer is assessed through a questionnaire and examination. If the risk score exceeds the set level, the urologist refers the participant for an MRI (magnetic resonance imaging) scan and further tests, if necessary. After the survey, participants are asked to give feedback on the organisation of the survey.

The ETCH will carry out additional tests for patients who have received the study invitation and whose PSA test result is ≥ 3 ng/mL. For further examinations at the ETCH, you need to register for a urologist appointment through the online platform env.synlab.ee or by telephone at +372 620 7100 (appointments cannot be booked through ETCH customer service).

At East Tallinn Central Hospital, urologist appointments for the study will be held on Wednesdays from 12:00-15:00 in room RC0106, C-building, Ravi tn 18. For more information, call +372 620 7100 (Wednesdays from 12:00-15:00).

PLEASE NOTE! Invited patients can only give a blood test at the blood collection point of the study. As part of the study, a blood test cannot be performed at the ETCH.

The study is carried out in collaboration with the European Urological Association's research network PRAISE-U, which evaluates the effectiveness and feasibility of risk-based screening in European countries.

The study's partners for TAI and the Estonian Urological Society include the Health Insurance Fund, East Tallinn Central Hospital, Tartu University Hospital, North Estonia Medical Centre, and SYNLAB Estonia.

Prostate cancer is the most commonly diagnosed malignant tumour in men and is highly treatable if detected early.

