EDITORIAL

CONSTIPATION AND SERUM TOTAL PROSTATE SPECIFIC ANTIGEN LEVEL IN MEN

Prostate specific antigen (PSA) is the most commonly used tumor indicator for the detection of prostate cancer despite some of its deficiencies.

The measurement of PSA has many deficiencies in the detection of prostate cancer especially early prostate cancer. Although serum PSA levels are more than 4ng/ml in one-third of BPH patients, Serum PSA level are lower than 4ng/ml in one-third of early prostate cancer [1-2].

Some factors can increase serum PSA level. Constipation might be one of the factors because of its mechanical and physiological effects on the prostate.

Constipation potentially affects prostatic tissue in a manner similar to urological manipulation.

Constipation is common in the elderly group of patients with a prevalence rate between 2-28%[1-3]. According to a study serum PSA level was measured in 136 constipated male patients before and after treatment. They concluded that constipation increase serum PSA level in men. The presence of constipation must be considered in patients where PSA is examined especially in those with PSA level that are borderline high or in the range of 2-10ng/ml.

The identification and effective treatment of constipated patients might avoid unnecessary prostate biopsies. This deserves proper attention of the urologists.

Bangladesh J. Urol. 2015; 18(1): 01

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Conflict of Interest: None Declared.

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Abbreviation:
BPH : Benign Prostatic Hyperplasia
PSA : Prostate specific antigen