



# Prostate Health Index (*phi*)

Discussion Guide for Patients and Physicians

## Your Patient Has Inquired About the Prostate Health Index test

- The Prostate Health Index is an **FDA approved** blood test that can help differentiate prostate cancer from benign conditions in men with elevated PSA.
- The Prostate Health Index is included in the National Comprehensive Cancer Network (NCCN) Guideline for Prostate Cancer Early Detection as a blood test to improve specificity for prostate cancer detection

## Why Should I Use the Test in My Practice?

- Prostate specific antigen (PSA) does not differentiate between prostate cancer and benign prostatic conditions in patients with elevated PSA.
- Prostate Health Index is 3 times more specific than PSA alone in identifying prostate neoplasm
- Men with slightly elevated PSA may undergo unnecessary biopsy.

## Science Behind the Test:

- *phi* combines total PSA, free PSA, and pro2PSA via a sophisticated algorithm, into a single score.
- a *phi* score of less than 25 indicates a higher likelihood of a benign condition.
- a *phi* score that is greater than 35 indicates the increased possibility of prostate cancer.

## Prostate Health Index Patient Profile:

- While an elevated serum PSA is associated with prostate cancer, a number of benign conditions such as benign prostatic hyperplasia (BPH) and prostatitis might lead to elevated serum PSA concentrations.
- The Prostate Health Index is indicated for use as an aid in distinguishing prostate cancer from benign prostatic conditions in men aged 50 years and older with elevated PSA.
- Peer-reviewed published studies support the use of Prostate Health Index in men with total PSA values as low as 2 ng/ml.

## Patient Instructions

- Talk to your doctor. Print this guide and bring it to your next appointment. Or Fax, Email, Mail this to your physician's office.

## Physician Instructions

1. Fill out a new account form and submit it to client relations [clientrelations@myinnovativelab.com](mailto:clientrelations@myinnovativelab.com) or Fax 1.804.515.7291
2. Upon completion of new account form, a starter kit(s) will be shipped based upon your testing needs.
3. Schedule training of your staff through an onboarding call with Innovative Diagnostic Laboratory.

