

# Patient Discussion Guide

## Did You Know?

Men with an elevated PSA level (between 4 and 10) have a 1 in 4 chance of having prostate cancer. Men with a PSA less than 4 have a 1 in 7 chance of prostate cancer.<sup>1</sup>

Although PSA is a widely used screening tool, it has known limitations. An elevated PSA level may be a warning sign for prostate cancer, however, there are other common, non-cancerous causes for an elevated PSA level such as benign prostatic hyperplasia (BPH), prostatitis, inflammation, urinary tract infection, prostate stimulation (e.g. bike riding, sexual activity), and age.<sup>1</sup>

### Select mdx is a simple urine test

If you have an elevated PSA level, Select mdx will help you and your doctor decide whether or not you should have a prostate biopsy procedure.

By providing a routine urine sample at your next doctor appointment, the test indicates your personal risk for prostate cancer.

- Low risk men may avoid a potentially unnecessary invasive biopsy procedure.
- Elevated risk men may benefit from a prostate biopsy or MRI.

**Print this discussion guide and take it to your next doctor's appointment.  
Ask if Select mdx may be right for you.**



#### Answer This:

Do you have an elevated PSA level?

- Yes       No



#### Ask This:

- Does an elevated PSA level mean that I have prostate cancer?
- Am I being considered for a prostate biopsy procedure?
- Is Select mdx right for me?



## Why do I need Select mdx?

The Select mdx test will assess your risk for prostate cancer. By providing the cancer-specific information that PSA lacks, your Select mdx test results will help determine if you need a biopsy. The test is recommended by leading urologists and included in the National Comprehensive Cancer Network Guidelines.<sup>2</sup>

Select mdx can provide your provider with actionable information that helps:

- Confidently rule out the need for an invasive prostate biopsy procedure for men at a low risk, therefore also avoiding the possible complications that can arise from this procedure (bleeding, infection, sepsis, urinary symptoms, and sexual dysfunction).
- Determine if you are at increased risk for prostate cancer. Your provider may suggest a biopsy which may improve your chances for early detection and give you more treatment choices.

## Will my insurance cover Select mdx?

Mdxhealth will work directly with your insurance provider to coordinate coverage. The vast majority of patients are responsible for \$100 or less. For questions about insurance, contact our Patient Advocate Team at (866) 259-7001, Mon-Fri 6:00am - 4:30pm PT, or email [patientfirst@mdxhealth.com](mailto:patientfirst@mdxhealth.com).

## Where can I get the Select mdx test?

Ask your provider about getting the Select mdx test. They can collect a urine sample on your next office visit and send it for testing.

## For Healthcare Providers

Select mdx is an easy to order urine test that provides molecular diagnostic information to improve patient selection for biopsy.

### Patient Eligibility

Patient has not been previously diagnosed with prostate cancer.

How it Works:



### References:

<sup>1</sup> American Cancer Society. Screening Tests for Prostate Cancer. <https://cancer.org>

<sup>2</sup> Haese A, et al. J Urol. 2019.

### Disclaimer:

Mdxhealth is regulated under the Clinical Laboratory Improvement Amendments (CLIA) and College of American Pathologists (CAP) as an accredited laboratory to perform high complexity clinical testing. The Select mdx for Prostate Cancer test was developed, and its performance characteristics determined by mdxhealth. It has not been reviewed by the U.S. Food and Drug Administration. The FDA has determined such clearance or approval is not necessary.

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