

# Estimating prostate size



Walnut 20cc



Ping- pong ball

33cc



Golf ball

40cc



Tennis ball

130cc

## **Significant risk factors for 'progression'**

1. • large prostates on DRE (estimated >30g)
2. • a PSA >1.4ng per ml (a surrogate marker of prostate volume in the absence of prostate cancer)
3. • severe symptoms
4. • in older men

Copied from LUTS4gp.org (prepared by Public Health- excellent site!!)