# New Saliva Test for Prostate Cancer Shows Promise in Early Detection and Reduced False Positives



Researchers from the Institute of Cancer Research (ICR) and the Royal Marsden NHS Foundation Trust in London have developed a new saliva test for prostate cancer, which promises to improve early detection and reduce unnecessary treatments. The study involved 6,142 men aged 55 to 69, who provided saliva samples that were tested for 130 genetic markers associated with prostate cancer.

This new test identified a higher proportion of aggressive cancers and resulted in fewer false positives compared to the current PSA blood test. Specifically, 40% of the men tested with the saliva method were diagnosed with prostate cancer, with 55.1% of these cancers being aggressive. In contrast, the PSA test identified 35.5% aggressive cancers.

The saliva test costs under £200 and can be sent by post, offering potential for a national screening program. These findings were presented at the American Society of Clinical Oncology (ASCO) annual meeting. The test is part of a larger prostate cancer screening trial ongoing in the UK.

The test was successfully trialed by Dheeresh Turnbull from Brighton, who discovered his high genetic risk and subsequent cancer diagnosis, which also led to the early detection of cancer in his younger brother.

Further research is needed to validate the genetic markers across diverse populations to ensure broad applicability. Scientists highlight the urgent need for better screening methods, as prostate cancer cases are expected to double by 2040.