

Physical symptoms from prostate biopsy can cause anxiety

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(HealthDay)—Problematic symptoms of prostate biopsy can lead to increased anxiety in men, even when the biopsy results are negative for cancer, according to research published online Oct. 21 in the *Journal of Clinical Oncology*.

Julia Wade, Ph.D., of the University of Bristol in the United Kingdom, and colleagues analyzed data from questionnaires completed by 1,144 [men](#), among those enrolled in the Prostate Testing for Cancer and Treatment trial, to assess the psychological impact of [prostate biopsy](#).

The researchers found that biopsy-related symptoms were minor or not a problem, and overall levels of anxiety and depression were low, for most men. Among 471 men who received a negative biopsy result, those who had biopsy-related symptoms at seven days, including pain, shivers, hematuria, hemochezia, and hemoejaculate, that were problematic had

significantly greater anxiety than those who had symptoms that were non-problematic. At 35 days, although symptoms were not reduced, anxiety was lessened.

"Problematic post-biopsy symptoms can lead to increased [anxiety](#), distinct from distress related to diagnosis of prostate [cancer](#)," the authors write. "Men and doctors need to consider these additional potential harms of biopsy when deciding whether to initiate prostate-specific antigen testing."

More information: [Abstract](#)
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