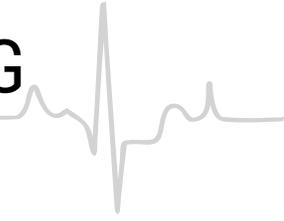




# PSA SCREENING

What is it and do I need it?



## WHAT IS THE PSA TEST?

The Prostate Specific Antigen (PSA) Test is a blood test used to screen for prostate cancer in men 40 & older. The prostate is a walnut-sized gland found only in males, located between the bladder and penis, and in front of the rectum. The prostate secretes fluid that nourishes and protects sperm. The cells in the pancreas create the PSA protein. The test measures the amount of PSA in your blood - High levels of PSA may indicate the presence of prostate cancer. However, many other conditions, such as an enlarged or inflamed prostate, can also increase PSA levels.

## DO I NEED TO BE TESTED?

The American Society of Clinical Oncology (ASCO) and the American Urological Association (AUA) recommends that men 40 years of age and up be screened regularly. Ultimately, it is the patient's choice whether they get tested and the decision should be made based on the individual's risk, overall health, and life expectancy, as well as the desire for treatment if diagnosed with prostate cancer.

## BENEFITS OF PROSTATE SCREENING

- Screening can help identify cancer early on, when treatment is most effective.
- A normal PSA Blood test, combined with a digital rectal exam (provided by a primary care physician or a specialist), can help reassure there is no cancer present.

## RISKS OF PROSTATE SCREENING

- Prostate cancer can be a slow growing cancer and may never truly affect the patient. Finding prostate cancer may not improve health or help a man live longer.
- False-negative & false-positive test results can occur



### 'I WOULD HAVE LOST HIM,' BUT WORKPLACE HEALTH SCREENING CAUGHT BOISE DJ'S CANCER

Excerpt from article from the Idaho Statesmen  
September 30, 2016 | By Katy Moeller

Annual health screenings offered at the Boise radio station offices may have saved Kasper's life because he had no symptoms of illness, his wife told the Statesman.

"As aggressive as the cancer was when they found it, I would have lost him," Tracy Kasper said. "We wouldn't have had any chances at fixing it. No question."

Mike has always been healthy. He's pretty sure he hadn't been to a doctor in at least 10 years before all this.

Increases over several years in Kasper's PSA counts — a measure of a protein produced by the prostate — prompted an inquiry into what was causing it. His numbers weren't high but they were trending upward, doubling each of the last two years. A biopsy confirmed he had cancer, and Kasper had a radical prostatectomy in mid-June.