

PCC's Advice on PSA Testing

PSA : Know Your Number



Risk Factors

Age: Risk for prostate cancer increases with age.



Race: Men of black African or black Caribbean descent have increased risk for prostate cancer.



Family History: Men with a first degree relative (brother, father, son) with prostate cancer have an increased chance of getting the disease.



Lifestyle: Maintaining a healthy weight through good diet and exercise may reduce the risk of prostate cancer.



Did you know?

The PSA test is a simple blood test, taken from your arm, that measures the amount of prostate specific antigen in your blood.



While there are controversies with the PSA test, high numbers serve as a powerful red flag for further investigation.



Prostate Cancer Canada Recommends

At Age

UNDER **40**

40 - 70

70 +

Years

At high risk? Talk to your primary care provider about prostate cancer.

Get a PSA test in your 40's to establish your baseline.

The decision to end PSA testing should be based on individual factors.

PCC advocates for shared decision making between doctor and patient

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What Affects PSA Values?



Prostate Specific Antigen (PSA) values can be affected by a number of factors. Here's what you need to know before and after the test.

BEFORE the PSA How should I prep?

Exercise

You may be asked not to do any vigorous exercise 48 hours before your PSA test.



Sex

Take a break from sexual activity or ejaculation 48 hours before your PSA test.

Pressure

Pressure on the area near the prostate may increase your PSA value - please don't ride your bike for 48 hour before your appointment.



Medications or Supplements

Tell your doctor if you are taking any prescription or non-prescription medications (e.g., aspirin or supplements)

AFTER the PSA Why is my PSA level high?

Elevated PSA levels can be caused by many things not related to cancer, including:

Other prostate conditions such as prostatitis or Benign Prostatic Hyperplasia (BPH).



Having a digital rectal exam (DRE) immediately before your PSA.

Urinary infection.



Recent prostate procedure.

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