



THIS INFORMATION SHEET REPRESENTS THE COUNSELLING ADVICE AND MUST BE READ AND UNDERSTOOD BEFORE YOU CONSENT TO THE PSA BLOOD TEST. IF YOU HAVE ANY QUERIES PLEASE SPEAK TO A MEMBER OF THE CHARITY

A GUIDE FOR MEN CONSIDERING A PSA TEST

THE PSA TEST IS A SIMPLE BLOOD TEST USED TO HELP DETECT PROSTATE CANCER (PC).

IN ITS EARLY STAGES PC GENERALLY PRODUCES NO SYMPTOMS, SO IT IS IMPORTANT TO DIAGNOSE THE DISEASE BEFORE SYMPTOMS ARISE AND WHILE IT IS STILL POTENTIALLY CURABLE.

A RECENT TRIAL (EUROPEAN UROL 2015: 68; 354-360) SUGGESTS THAT TREATING PC MAY SIGNIFICANTLY PROLONG A MAN'S LIFE. A HIGH LEVEL OF PSA (USUALLY 10NG/ML & ABOVE) IS LIKELY TO BE AN INDICATION OF PROSTATE CANCER AND SHOULD THEREFORE PROMPT FURTHER INVESTIGATION.

A MODERATELY RAISED PSA LEVEL (USUALLY 4NG/ML & ABOVE) (DEPENDANT ON AGE) MEANS THAT OTHER FACTORS, INCLUDING DIGITAL RECTAL EXAMINATION, ETHNICITY FAMILY HISTORY, PROSTATE VOLUME, PSA HISTORY, AND FREE TO TOTAL PSA RATIO, SHOULD BE CONSIDERED IN DETERMINING WHETHER TO SEND A MAN FOR FURTHER TESTS SUCH AS MRI SCANS AND BIOPSY.

HOWEVER, IN THREE QUARTERS OF SUCH CASES, FURTHER TESTS DO NOT DETECT CANCER. THERE CAN BE OTHER REASONS FOR A MODERATELY ELEVATED PSA, E.G. URINARY INFECTION, ENLARGED PROSTATE ETC. AND THESE MAY NEED TREATMENT.

RESULTS CAN ALSO BE RAISED AS A RESULT OF SEXUAL INTERCOURSE (OR EJACULATION) UP TO 48 HOURS BEFORE THE TEST, OR IF YOU HAVE HAD A DIGITAL RECTAL EXAMINATION BY A DOCTOR IN THE LAST WEEK OR A PROSTATE BIOPSY IN THE LAST SIX WEEKS.

PROSTATE CANCER IS NOT ALWAYS AGGRESSIVE OR LIFE THREATENING. EVEN IF FURTHER TESTS DO DETECT EARLY-STAGE PROSTATE CANCER, A SPECIALIST MAY NOT BE ABLE TO TELL WHETHER THE CONDITION IS LIFE THREATENING OR HARMLESS. THIS MAY MAKE TREATMENT CHOICES DIFFICULT FOR BOTH PATIENT & CLINICIAN.

ALL THESE FACTORS HAVE LED TO THE CURRENT CONTROVERSY OVER THE VALUE OF THE PSA TEST. HOWEVER, THE UNCERTAINTIES MAY BE REDUCED BY MEN HAVING A REGULAR TEST.

REGULAR MONITORING OF PSA LEVELS CAN HIGHLIGHT ANY SIGNIFICANT OR GRADUAL INCREASE, SO THAT EVEN WHEN THE PSA IS WITHIN THE 'NORMAL' RANGE, ONE MAYBE ALERTED TO THE NEED FOR FURTHER INVESTIGATION.



MY PSA TEST ON / /.....

PLEASE KEEP THIS SHEET HANDY UNTIL YOU RECEIVE YOUR RESULT WHICH YOU SHOULD THEN KEEP A RECORD OF.

PLEASE TAKE CAREFUL NOTE OF THE RECOMMENDATION IN YOUR RESULTS COMMUNICATION:

IF YOUR RESULT IS ABNORMAL, FOLLOW THIS UP WITH YOUR GP AND ENSURE THAT YOUR GP IS FULLY AWARE OF THE SIGNIFICANCE OF THE RESULT.

IF YOU HAVE NOT RECEIVED YOUR RESULT BY EMAIL OR POST WITHIN 3 WEEKS OF YOUR TEST, PLEASE

CONTACT US ON 01926 419959

OR BY EMAIL ON infogfct@gmail.com

DON'T FORGET TO CHECK YOUR JUNK/SPAM BOX FIRST.

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION: www.psatests.org.uk