

PROSTATE SPECIFIC ANTIGEN (PSA) LAB RESULT EXPLANATION

These screenings are intended to provide information to be used by health care professionals to detect potential problems and help make you more aware of your health. If, after reading this pamphlet, you still have questions concerning your results, please call your personal health care professional.

YOUR BLOOD TESTS

You and your doctor can learn a great deal about your health from a sample of your blood. Sometimes test results will be abnormal before you have any symptoms. If symptoms have developed, laboratory tests help confirm that a problem does exist. A normal test result is just as significant as an abnormal result. When a result is normal, it not only helps you rule out disease, but it also establishes a baseline for you. Each person has their own baseline "normal". A person's own results are the best baseline for monitoring any change that takes place in the future. If any of your values are significantly different than previous results, contact your health care professional.



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MEDICATIONS AND FASTING

Fasting is not required for accurate test results. Speak with your physician if you have concerns about medication interference with result values.

PROSTATE SPECIFIC ANTIGEN (PSA) is a blood test that measures a protein that is only produced by the male prostate gland. The prostate is a gland that makes seminal fluid, which nourishes and transports your sperm when you ejaculate. Cells in your prostate make a protein called prostate-specific antigen (PSA). The amount of PSA your cells make tends to go up as you get older.

Elevations of PSA may occur in men with prostate cancer, an infection in your prostate, an enlarged prostate, or non-cancerous prostatic diseases including benign prostatic hyperplasia (BPH), which is a common, noncancerous condition that typically develops after age 50. Ejaculation and vigorous exercise, especially riding a bike, in the 48 hours before a PSA test can elevate your PSA levels, and should be avoided before this screening.

A normal PSA level does not entirely exclude the possibility of prostate cancer. Although high levels do not always indicate prostate cancer, elevated results should be reported to your health care professional.

This test is recommended for all men age 40+.



Symptoms of Prostate Cancer



YOUR SCREENING RESULTS

IT IS NOT POSSIBLE TO DIAGNOSE OR TREAT ANY DISEASE OR HEALTH PROBLEMS WITH THIS BLOOD SCREEN ALONE. It can help you learn more about your body and detect potential problems in early stages when treatment or changes in personal health habits can be most effective.

Screening results that fall outside of Sheridan Memorial Hospital's reference range (range of expected screening values) are separated out from the rest of the results to highlight them. They are printed with an **H (high)** or **L (low)** on the report. The reference range for each test is listed on the right side of your blood report, or by clicking the result value in your Patient Portal.