

KNOW YOUR PROSTATE

Take Charge of Your Health

TRACK YOUR PSA WAYS TO BE PROACTIVE

When you are aware of your body's changes, and why they happen, you are not only proactive regarding any next steps — you can also be more confident when you talk to your doctor. For most men, prostate cancer (PC) screenings are recommended about every two years.



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UNDERSTANDING YOUR
PROSTATE HEALTH IS
INVESTING IN YOUR
TOTAL HEALTH



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If your doctor recommends a PSA (prostate-specific antigen) test, a simple blood test used to screen for PC, tracking your PSA levels over time can give you more knowledge about prostate health, PC, and treatment options.

WHAT IS PSA AND WHY DOES IT MATTER?

The PSA blood test is used mainly to screen for prostate cancer in men without symptoms, but it is also one of the first tests done in men who have symptoms that might be caused by prostate cancer. The test measures the amount of PSA in the blood, and the level of PSA helps to indicate the health of the prostate.

WHAT IF YOUR PSA LEVEL IS HIGH?

After your blood test, if your PSA results are above 3.0 ng/mL, don't panic—it doesn't necessarily mean you have prostate cancer.

► THERE ARE SEVERAL REASONS WHY YOUR PSA LEVELS MIGHT BE ELEVATED, INCLUDING:



Prostatitis: An infection or inflammation of the prostate gland



Benign prostatic hyperplasia: An enlarged prostate gland



Urinary tract infection (UTI): An infection of the urinary system

If you have higher PSA levels, you can ask to be referred to a urologist (a doctor specializing in prostate health). And if you haven't, self-advocate to see one. They can work with you to help determine if further testing is necessary.

HOW ARE PSA LEVELS MEASURED?

Your doctor will collect a blood sample and send it to a laboratory for analysis, and the results are usually reported in nanograms per milliliter (ng/mL). Remember to ask your doctor about “what the number” means for you. Everyone is different. When you track your levels over time, it helps your doctor make informed decisions by comparing your PSA levels from the previous year's results.

WHAT ARE MY PSA RESULTS THIS YEAR?

While a “normal” PSA level may be unique to your situation, some guidelines define a normal PSA level to be between **0 and 3.0 ng/mL**, compared with elevated PSA levels, which are usually **3.1 ng/mL** and above. You might experience a little anxiety when you first see your results, but take a deep breath and **remember that the numbers alone don’t define your health** — they can empower you to take action.

IF YOUR PSA NUMBERS ARE HIGH OR INCREASING QUICKLY, SPEAK WITH A UROLOGIST RIGHT AWAY TO PROTECT YOURSELF AND YOUR PROSTATE HEALTH. ONCE YOU KNOW YOUR PSA RESULTS, TALK ABOUT WHAT STEPS ARE RIGHT FOR YOU.



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Track your PSA levels with this chart:

PSA TEST DATE	
MY PSA LEVEL	ng/mL
QUESTIONS FOR MY DOCTOR	
TREATMENT DECISION MADE WITH MY DOCTOR	

Something to pay attention to:

PSA Velocity is how fast your PSA level increases since your last PSA test — it may offer information regarding your prostate health. Be sure to track and compare your PSA test results each year. Talk to your doctor about how quickly your PSA is changing.

PSA TEST DATE	
MY PSA LEVEL	ng/mL
QUESTIONS FOR MY DOCTOR	
TREATMENT DECISION MADE WITH MY DOCTOR	

Something to pay attention to:

PSA doubling time is the period of time when your PSA level may have doubled. It can be a clue to any changes to your prostate health that require attention. Talk with your doctor about staying on top of your PSA levels.

PSA TEST DATE	
MY PSA LEVEL	ng/mL
QUESTIONS FOR MY DOCTOR	
TREATMENT DECISION MADE WITH MY DOCTOR	

What is your current PSA?

Has your PSA doubled since your last test?