

WHAT ARE YOUR REASONS?

“Fishing has been a huge part of my life since I was a kid. Every Sunday me and a couple of my buddies head out to our spot and spend the day casting. We have a few laughs, share few memories and, if we're lucky, catch a few fish. That's my reason.”



Contribute to Life

IN ALBERTA:

- Prostate cancer is the most frequently diagnosed cancer in men.
- Annually an estimated 2500 men will be diagnosed with prostate cancer.
- Eight men will die every week of prostate cancer.
- There may be no early warning signs of prostate cancer.

The Prostate Cancer Centre is working hard to change statistics. If you would like to partner in our efforts, please visit us at prostatecancercentre.ca.



Prostate Cancer
Centre

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map available at: www.prostatecancercentre.ca



PSA TESTING

for Life

Our mission is to eliminate advanced prostate cancer.

We are a non-profit organization focused on the early detection and treatment of prostate cancer. We support excellence in the areas of awareness, education, access, care, treatment, advocacy and research in hopes that one day we can eliminate prostate cancer.

If you are interested in learning more about our organization, sponsorship opportunities, public or private MAN VAN™ clinics please visit our website at prostatecancercentre.ca.

WHAT ARE YOUR REASONS?



Prostate Cancer
Centre

We Care About Men...

PSA Test

WHAT IS A PSA TEST?

A PSA test is a simple blood test that may help in the early detection of prostate cancer.

WHAT IS PSA?

PSA, or Prostate Specific Antigen, is a protein produced by the prostate gland and released in small amounts to the bloodstream.

WHERE CAN YOU HAVE A PSA TEST?

You can have your PSA test:

- at a local health services laboratory if ordered by your doctor
- in the Prostate Cancer Centre MAN VAN™

WHAT IS THE MAN VAN™?

The MAN VAN™ is a mobile unit operated by the Prostate Cancer Centre. Its purpose is to **increase awareness of the importance of early detection of prostate cancer**. On scheduled dates it offers on-the-spot baseline PSA testing at a variety of locations. To learn how you can Get Checked at MAN VAN™ locations, visit www.prostatecancercentre.ca.

WHAT DOES IT COST TO GET TESTED?

Baseline testing is free at MAN VAN™ Clinics.

There is a \$27 charge when testing is done through local laboratories, unless there is a suspicion of prostate cancer. Alberta is one of three provinces in Canada that does not cover PSA tests as a screening tool. The Prostate Cancer Centre raises funds to cover the costs of baseline PSA testing for men over 40 through the MAN VAN™.

We continue to petition the government to cover the cost of PSA testing to men over 40.

Results

WHEN WILL I KNOW MY RESULTS?

Results are available within 48 hours of your test.

WHAT IS 'NORMAL' ?

Normal PSA Range Chart:

AGE	PSA LEVEL
1 day – 49 years	0.00 – 2.50 µg/L
50 – 59 years	0.00 – 3.50 µg/L
60 – 69 years	0.00 – 4.50 µg/L
70 – 150 years	0.00 – 6.50 µg/L

(Table Reference: Calgary Laboratory Services)

IF MY RESULTS ARE HIGHER THAN NORMAL DO I HAVE CANCER?

High results DO NOT mean you have cancer. If your test result is high, you will be contacted by phone to discuss an appropriate follow-up. Your physician may recommend a DRE (digital rectal exam). If warranted, you may be referred to a Urologist who may arrange for a biopsy. This is the only way to conclusively identify prostate cancer.

IS IT SAFE TO HAVE A PSA TEST?

Yes. A registered nurse or phlebotomist will draw a blood sample. The possible side effects are the same as any simple blood test: light-headedness, minor pain, bruising, bleeding, or infection at the site of the needle puncture.

Timeline

GET CHECKED TIMELINE

1. The Prostate Cancer Centre recommends men should have a baseline PSA (Prostate Specific Antigen) test at age 40.
2. If your PSA result is in the normal range and there is no family history of prostate cancer, you should be tested every five years until age 50. Both DRE and PSA tests are recommended.
3. After age 50, both PSA tests and Digital Rectal Examinations (DRE) should be performed annually.
4. Keeping track of your PSA score is important. This will enable your physician to monitor trends in your PSA level.
5. If more than one PSA or DRE result is abnormal, you may be scheduled for a biopsy. A biopsy is the removal of tissue samples for microscopic examination. These tissues are used to assess and diagnose the presence of cancer.
6. If your biopsy confirms the presence of cancer you will have a consultation with a Urologist. There are several different treatment options that may be available to patients.

