

DID YOU KNOW?

- One in seven men in Alberta will be diagnosed with prostate cancer in their lifetime.
- Approximately eight men die of prostate cancer every week in Alberta.
- About 2,500 men will be diagnosed with prostate cancer annually in Alberta.
- There may be no early warning signs of prostate cancer.

By supporting awareness and education initiatives that focus on early detection and treatment of prostate cancer and prostate related disease, we can rewrite these statistics.



“All of these positive experiences with the Prostate Cancer Centre instilled in me a desire to give back and to, perhaps, help other men by sharing my experience with them and raise their awareness about prostate cancer.” - Volunteer

OUR MISSION

Calgary's Prostate Cancer Centre fights prostate cancer through: rapid access to innovative, personalized clinical care; proactively providing current medical information on the importance of early detection and reducing life style risk factors; one-on-one peer support; academic and industry research; all in a one- stop patient focused, not-for profit, premier medical facility.

If you are interested in learning more about our organization, sponsorship opportunities or clinic dates, please visit our website at prostatecancercentre.ca.

GET IN TOUCH

6500, 7007 14 Street SW
Calgary, Alberta T2V 1P9

Phone: **403-943-8888**
Info: info@prostatecancercentre.ca
Fax: **403-943-8877**

Hours:
Monday to Thursday - **7:00am - 4:00pm**
Friday - **7:00am - 3:00pm**

www.prostatecancercentre.ca

Map is available online.

PSA TESTING



PROSTATE CANCER IS THE MOST COMMON CANCER IN CANADIAN MEN

In the early stages there may not be any signs or symptoms of the disease. Over 90% of prostate cancer cases are curable if they are caught early. The PSA test can 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.

WHAT IS A PSA TEST?

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

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. We have two units, one designated for rural Alberta and one for urban centres. Their purpose is to increase awareness of the importance of early detection of prostate cancer. On scheduled dates they offer free on-the-spot baseline PSA testing at a variety of locations. To learn how you can Get Checked at MAN VAN™ locations, visit www.getchecked.ca.

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.

WHEN WILL I KNOW MY RESULTS?

You should receive your results in the mail within 7-10 days.

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)



WHEN DO I NEED MY FIRST PSA TEST?

The Prostate Cancer Centre recommends men should have a baseline PSA test at age 40. Or annual testing should begin at age 40 for men who have a father or brother who developed prostate cancer or are of African descent.

HOW OFTEN DO I NEED A PSA TEST?

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. After age 50, both PSA tests and DRE should be performed annually.

WHY SHOULD I KEEP TRACK OF MY PSA SCORE?

Keeping track of your PSA score is important. This will enable your physician to monitor trends in your PSA level.

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. 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.