



Lexington Medical Center
Your partner for health and wellness®

Understanding Your PSA Results

Enclosed are the results of your PSA (Prostate-Specific Antigen) blood test screening. Your specific readings are located directly to the right of “Total PSA”. Next to your readings you will see the acceptable range, which is enclosed in brackets. The normal range is determined by your age. We encourage you to send a copy of these results to your family physician.

Facts:

- PSA (Prostate-specific antigen) is a protein expressed by the cells of the prostate gland
- Blood test to measure level of PSA in your blood.
- Low levels of PSA are normal.
- Prostate cancer and certain other conditions that are **NOT** cancer, can increase PSA levels.

Does an elevated PSA mean I have cancer?

No, PSA levels alone do not give physicians enough information to determine whether or not you have prostate cancer. The PSA result is used to assist the doctor in deciding whether or not to check further for signs of prostate cancer.

What other kinds of conditions can cause my PSA to go up?

Two of the most common conditions, other than prostate cancer, that can cause an elevated PSA are BPH (benign prostatic hypertrophy) or enlargement of the prostate gland and prostatitis (inflammation of the gland). Other factors that can cause a temporary rise in PSA values are:

- Sexual intercourse or ejaculation within 24-48 hours before the test.
- Recent prostate biopsy can cause a significant increase in PSA values.
- After biopsy, it may take a month or more before the PSA returns to baseline.

Do medications affect the PSA test?

Certain drugs, such as finasteride (Proscar or Propecia) or dutasteride (Avodart) may falsely lower PSA levels. Notify the person who is drawing your blood that you are on these medications.

Is the PSA level always elevated when prostate cancer is present?

No. It is estimated that up to 20% of prostate cancers develop while the PSA is still in the normal range. For that reason, men who are appropriate candidates for screening should also have a (DRE) digital rectal exam done every year.

What should I do if my test results show an elevated PSA?

Discuss the test results with your doctor. If no other symptoms suggest cancer, the doctor may recommend repeating a PSA and performing a DRE to detect any changes. If a PSA has been steadily increasing, or if the DRE detects a lump or hardening, other tests may be indicated.

**For more information on prostate health,
or if you do not have a physician call us at (803)936-8850.**