



PSA TESTING: TO TEST OR NOT TO TEST

PROSTATE HEALTH IS A SERIOUS CONCERN FOR MEN AS THEY GET OLDER. PSA IS A BLOOD TEST TO CHECK THE HEALTH OF YOUR PROSTATE, A GLAND THAT HELPS REPRODUCTION.

A PSA TEST SHOWS THE LEVELS OF PROSTATE-SPECIFIC ANTIGEN (PSA) IN YOUR BLOOD. HIGH LEVELS OF PSA MAY SUGGEST A POSSIBLE ABNORMAL GROWTH OF THE PROSTATE THAT MAY BE OR MAY NOT BE CANCER.

NO TEST IS PERFECT. THERE ARE ADVANTAGES AND DISADVANTAGES TO PSA TESTING. DISCUSS YOUR SITUATION WITH YOUR DOCTOR TO DECIDE IF PSA TESTING IS RIGHT FOR YOU.

THE FOLLOWING INFORMATION MAY HELP YOU DECIDE WHAT QUESTIONS YOU WANT TO ASK YOUR FAMILY DOCTOR OR UROLOGIST. TOGETHER YOU WILL CHOOSE THE BEST COURSE OF ACTION FOR YOU.

INFORMATION TO CONSIDER ABOUT PSA TESTING

IF YOU GET A NORMAL RESULT WITH NO SIGN OF CANCER

PROS

The result may put your mind at ease.

CONS

No test is perfect. Sometimes results are incorrect. The test may suggest a normal prostate when in fact there is abnormal growth (false negative). This can give you a false sense of reassurance, but you may in fact have a condition that requires treatment.

IF YOU GET A RESULT THAT SHOWS A POSSIBLE ABNORMAL GROWTH

PROS

01

The test may show early signs of disease before your health is affected

02

Early treatment can delay the spread of the disease, and improve your chances of cure and a longer life

03

If you did not take a PSA test, you may not find the cancer until it is too late.

CONS

01

A test may detect a slow-growing tumor which would never give you any problem. This could lead to unnecessary treatment and side effects.

02

Testing may give a false positive result, which suggests an abnormal a growth when there actually is none.

This could lead to:

- unnecessary further testing
- medical complications and side effects
- high levels of stress and anxiety.

MOVEMBER FOUNDATION

HELPING MEN LIVE HAPPIER, HEALTHIER AND LONGER LIVES.

MOVEMBER.COM



Dr. Fritz Schröder and Dr. Monique Roobol are responsible for the scientific content of this decision aid.