

**Prostate Specific Antigen (PSA)** is a unique protein produced by the prostate gland, and released into the bloodstream.

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



#### Hours of Operation

Monday to Friday  
7:00 AM - 3:00 PM

MEDICAL

In the early stages, there may not be any signs or symptoms of the disease.

**If caught early, prostate cancer is now close to 100% treatable.**

**Calgary Prostate Cancer Centre** operates solely on the generosity of community events, corporate sponsors, volunteers, and you.

#### Prostate Cancer Centre

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# Prostate Specific Antigen Testing

## Where Can You Have A PSA Test?

At the local health services laboratory (if ordered by your family doctor).

At Calgary Prostate Cancer Centre's mobile **MAN VAN™** clinics.

## What Is The MAN VAN™?

The **MAN VAN** is a free mobile men's health clinic providing baseline PSA testing and men's health measurements.

Clinic times and locations are listed at [getchecked.ca](http://getchecked.ca).



## Frequently Asked Questions

### 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: bruising, light-headedness, or infection at the site of the needle puncture.

### When Do I Need My First PSA Test?

Calgary Prostate Cancer Centre recommends men should have a baseline PSA test at age 40. Annual testing for men with family history of prostate cancer, or who are of African descent, should begin at age 40.

### 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 (Digital Rectal Exam performed by a physician) and PSA tests are recommended. After age 50, both PSA tests and DRE should be performed annually.

## Results

### 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: Alberta Precision Laboratories

### 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.