

## What You Need to Know About the PSA Test

The PSA blood test is a simple way to check your prostate health. It can detect issues early when they are most treatable. Working together with your doctor, you can weigh the pros and cons of prostate cancer screening. This team approach, known as shared decision-making, puts your needs and preferences at the center of the decision, making sure it's the right choice for you.

### WHAT IS THE PSA TEST?

- PSA stands for prostate-specific antigen, a protein produced by the prostate gland
- The PSA test is a simple blood test that measures the level of PSA in the blood
- Higher PSA levels can be a sign of prostate cancer or other prostate issues



### WHY GET A PSA TEST?



- The PSA test can help detect prostate cancer early when it is most treatable
- Prostate cancer often has no symptoms in its early stages
- For many men, knowing their PSA level provides reassurance about their prostate health

### WHO SHOULD GET TESTED, AND WHEN?

- Everyone born with a prostate (men and transgender women) should understand their personal prostate cancer risk and when to get a baseline PSA blood test
- Men of African descent, military personnel/Veterans, and those with a family history of cancer should consider having a PSA test done at age 40
- Other men should discuss PSA testing with their doctor at age 45



### IS THE PSA TEST PERFECT?



- No test is perfect, but the PSA test is currently the best prostate cancer screening tool
- Some men with prostate cancer have normal PSA levels
- Some men with elevated PSA levels do not have cancer

### HOW IS PROSTATE CANCER DIAGNOSED?

- Prostate cancer can only be diagnosed with a biopsy
- The prostate biopsy is then examined under a microscope by a trained pathologist
- A diagnosis is made or ruled out based on several factors, including the results of the biopsy

