

# Prostate Cancer Screening

## The PSA Test



### What is the PSA test?

- PSA (prostate-specific antigen) is a protein in your blood that is made by the prostate
- The PSA test is a simple blood test
- High PSA levels might mean prostate cancer or other prostate problems



### Why get a PSA Test?

- It can find prostate cancer early when it's easier to treat
- Early prostate cancer usually has no signs or symptoms
- Many men feel better knowing their PSA level
- The first PSA test gives a starting number. This helps you and your provider see if your PSA changes in later tests



### Who should get tested, and when?

- Everyone with a prostate should learn about their own prostate cancer risk
- Black men and men with cancer in their family: Talk to your provider about testing starting at age 40
- All other men: Talk to your provider about testing starting at age 45
- People who served in the military may have a higher risk. Talk to your provider about testing
- If tested, discuss results with a health care provider



### What does the PSA test tell you?

- A high PSA does not always mean you have cancer
- A normal PSA does not always mean you are cancer-free
- Your provider uses your score to help decide if you need more tests



## What is a normal PSA level?

There is no one “normal” number. But generally, a PSA level above 3.0 ng/mL should be discussed with a provider. Your PSA can be affected by:

- Your age
- Recent activities like exercise or sex
- Medicines you take
- Other prostate health conditions

Your provider should check PSA over time for any changes.



## How is prostate cancer diagnosed?

- A small tissue sample (biopsy) is taken from the prostate
- A lab doctor looks at the tissue under a microscope
- The doctor uses the biopsy to find out for sure if you have prostate cancer
- If you need more tests, the health provider may have staff to help you schedule them and understand the next steps



For help finding a PSA test, go to: [zerocancer.org/find-testing-location](https://www.zerocancer.org/find-testing-location)