

### How do I get my results?

Your GP will receive the results within 3 working days. It is preferable to book an appointment with your GP to discuss the results as they may also wish to examine your prostate gland to ensure that the interpretation of the blood test result is as accurate as possible.

### What if my result is abnormal?

If the PSA result is borderline then you may be advised to repeat the blood test in 6 weeks to see if it is rising. Your GP may also wish to check a specimen of urine to ensure there is no infection present, as this can affect the results of the PSA test.

If the PSA is very high (or if examination of the prostate is abnormal) then you will be referred urgently to the hospital urology department for further testing.

### Where can I find out more information?

<http://sdm.rightcare.nhs.uk/pda/psa-testing/>

<http://prostatecanceruk.org/>

<http://www.cancerresearchuk.org/about-cancer/type/prostate-cancer/diagnosis/>

5

Review Date: August 2017

6

## PSA SCREENING PATIENT INFORMATION LEAFLET

Newport Pagnell Medical Centre is here to help you, so please do not hesitate to contact us should you require any advice.

## Who is at risk of prostate cancer

### Who is at risk of prostate cancer?

Prostate cancer is the second most common cause of cancer deaths in UK men. It is more common in those with an affected relative and those of Afro-Caribbean ethnicity.

### What symptoms should I look for?

There are no specific symptoms that indicate prostate cancer and all of the symptoms have a variety of other possible causes. However there are some guiding principles that are helpful when assessing symptoms:

Older men with new onset back pain, weight loss, blood in the urine, or erectile dysfunction should see their GP for advice as these symptoms could be due to prostate cancer.

Problems passing urine including poor stream and frequent nocturnal visits to the toilet may be due to prostate cancer, but are more commonly due to the harmless enlargement of the prostate gland which occurs with normal ageing.

### How is prostate cancer diagnosed?

Prostate cancer is difficult to detect accurately with a specific test. A suspicion of prostate cancer can however be made following an examination of the prostate gland. This is done through a digital rectal examination and a blood test for a protein called the Prostate Specific Antigen (PSA).

Having a PSA blood test can help to detect prostate cancer but the test is not always reliable (it can be abnormal if there is a urine infection, for example) and having the test can potentially lead to harm. It is always advisable to discuss concerns with your GP to determine the best option for you.

### Should I have a PSA test?

Men that have symptoms as listed above should consult their doctor and will be treated accordingly. Men that are asymptomatic are managed according to National Guidance as listed below:

Men aged >50 y can request a PSA test from their GP every 2 years (prostate cancer is very rare in men aged <50 y). There is currently no national screening programme for prostate cancer, as the benefits of screening have not been shown to outweigh the harms.

### What are the benefits of PSA testing?

- ◇ Early detection and early treatment of prostate cancer
- ◇ Reassurance if the result is normal

### What are the potential harms of PSA testing?

- ◇ Unnecessary investigations and anxiety (only 1 in 3 men with a raised PSA will actually have prostate cancer).
- ◇ False reassurance (1 in 6 men with a normal PSA do actually have prostate cancer).
- ◇ Unnecessary treatment of cancers that may never have become significant. (Screening increases diagnosis rates but has had no real impact on death rates from prostate cancer. In fact 80% men aged 80 years have some cancerous cells within their prostate, but only 3-4% will die of prostate cancer).

### How can I arrange a PSA test?

If you wish to have a PSA test then it is recommended that you contact your GP by telephone, to arrange a blood test. You are advised not to have sexual intercourse or undertake vigorous exercise in the 48h before the blood test, as this can affect the results.

/see overleaf