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PROSTATE-SPECIFIC ANTIGEN (PSA)

What is PSA?

- “PSA is a protein made by the prostate. Levels of this protein usually go up when a person has prostate cancer. The protein also goes up for reasons that do **not** involve cancer.”
 - o PSA is checked via a blood draw.

What does prostate cancer screening entail and who should be screened?

- At least a yearly PSA blood draw **AND** a digital rectal exam.
 - o Every male starting at age 50 (unless you have risk factors, which may lead your healthcare provider to recommend screening beginning prior to 50 years of age.
- Around the age of 70 your healthcare provide may begin to discuss with you no longer checking a PSA but continuing a yearly digital rectal exam.
 - o If you have multiple health conditions your healthcare provider may discuss the pros/cons of continuing to check a PSA regardless of your age.

Why is prostate cancer screening important?

- “To allow for early detection of prostate cancer, before it has a chance to grow, spread, or cause symptoms.”

Actives to avoid prior to having a PSA drawn.

- There are many actives that can cause a false elevation of your PSA. We request that you avoid the following listed activities for 5-7 days prior to having your lab drawn.
 - o Sexual activity/ejaculation
 - o Riding a bicycle
 - o Riding a golf cart
 - o Riding a lawnmower
 - o Riding a motorcycle
 - o Riding any machine/vehicle that may cause trauma/jarring motion to the buttocks/genitals.
- Please notify your healthcare provider prior to having your lab drawn if you have had any of the following within the last three months:
 - o Prostate infection
 - o Urinary tract infection
 - o Mechanical manipulation of the prostate (such as a Foley catheter, cystoscopy, or prostate surgery).

Please know there are many personalized factors that are considered when evaluating a PSA lab value. If you have questions/concerns about your PSA, please review this with your healthcare provider.

Please do not hesitate to contact our office with questions or concerns.

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