

NOW'S THE TIME TO
TALK
ABOUT PROSTATE
CANCER



TALK THAT TALK, AND TRACK YOUR PSA – WAYS TO BE PROACTIVE

When you are aware of your body's changes, and why they happen, you are not only proactive regarding any next steps — you can also be more confident when you talk to your doctor. **For most men, prostate cancer (PC) screenings are recommended about every two years.**



**UNDERSTANDING YOUR
PROSTATE HEALTH IS
INVESTING IN YOUR
TOTAL HEALTH.**

If your doctor recommends a PSA (prostate-specific antigen) test, a simple blood test used to screen for PC, tracking your PSA levels over time can give you more knowledge about prostate health, PC, and treatment options.

PSA TESTS: WHAT ARE THEY AND WHY ARE THEY IMPORTANT?

The prostate-specific antigen (PSA) test is a simple blood test that can be added to your routine bloodwork to screen for prostate cancer (PC). PSA is a protein made by normal and abnormal cells in the prostate gland. But, higher levels of PSA are **linked** to prostate cancer.

A high PSA level may be a sign that something's wrong with your prostate.

Although it's associated with PC, a high PSA level may suggest other things are happening to your prostate health that require attention from you and your doctor to manage, like:

- > An enlarged prostate — Benign Prostatic Hyperplasia (BPH)
- > A urinary tract infection (UTI)
- > Age — PSA levels naturally increase with age

If you have higher PSA levels, you can ask to be referred to a urologist (a doctor specializing in prostate health). And if you haven't, self-advocate to see one. They can work with you to help determine if further testing is necessary.

HOW ARE PSA LEVELS MEASURED?

Your doctor will collect a blood sample and send it to a laboratory for analysis, and the results are usually reported in nanograms per milliliter (ng/mL). Remember to ask your doctor about "what the number" means for you. Everyone is different. When you track your levels over time, it helps your doctor make informed decisions by comparing your PSA levels from the previous year's results.

WHAT ARE MY PSA RESULTS THIS YEAR?

While a “normal” PSA level may be unique to your situation, generally, a normal PSA level is between **0 and 3.0 ng/mL** compared with elevated PSA levels, which are usually above **3.1 ng/mL**. You might experience a little anxiety when you first see your results, but take a deep breath and **remember that the numbers alone don’t define your health** — they can empower you to take action.



IF YOUR PSA NUMBERS ARE HIGH OR INCREASING QUICKLY, SPEAK WITH A UROLOGIST RIGHT AWAY TO PROTECT YOURSELF AND YOUR PROSTATE HEALTH. ONCE YOU KNOW YOUR PSA RESULTS, TALK THAT TALK TO DETERMINE WHAT STEPS ARE RIGHT FOR YOU.



Talk That Talk and track your PSA levels with this chart:

PSA TEST DATE _____

MY PSA LEVEL _____ NG/ML

QUESTIONS FOR MY DOCTOR _____

TREATMENT DECISION MADE WITH MY DOCTOR _____

Something to pay attention to:

PSA Velocity is how fast your PSA level increases since your last PSA test — it may offer information regarding your prostate health. Be sure to track and compare your PSA test results each year. Talk to your doctor about how quickly your PSA is changing.

PSA TEST DATE _____

MY PSA LEVEL _____ NG/ML

QUESTIONS FOR MY DOCTOR _____

TREATMENT DECISION MADE WITH MY DOCTOR _____

Something to pay attention to:

PSA doubling time is the period of time when your PSA level may have doubled. It can be a clue to any changes to your prostate health that require attention. **Talk That Talk** to your doctor about PSA doubling time.

PSA TEST DATE _____

MY PSA LEVEL _____ NG/ML

QUESTIONS FOR MY DOCTOR _____

TREATMENT DECISION MADE WITH MY DOCTOR _____

What is your current PSA? -----

Has your PSA doubled since your last test? -----