



## PROSTATE-SPECIFIC ANTIGEN

**Prostate-Specific Antigen (PSA)** is a protein produced by cells in the prostate gland. The PSA Test is a simple blood draw to measure the amount of PSA produced. If your PSA level is elevated, your prostate gland may be enlarged, a possible indication of serious health concerns, including prostate cancer.

**Prostate Cancer** is the second most commonly diagnosed form of cancer among men in the United States. Factors, such as age, race, ethnicity, and family history all affect your risk. African American men develop prostate cancer at a higher rate than men in any other racial group. Reasons for the increased rate are still unknown.

The problem with detecting prostate cancer is that it often doesn't produce any symptoms in its early stages. Approximately 40 percent of all cases are not diagnosed until the cancer has spread beyond the prostate.

*Get Educated! Visit These Online Resources for More Information.*

*American Cancer Society- [www.cancer.org](http://www.cancer.org)*

*American Urological Association- [www.auanet.org](http://www.auanet.org)*

*National Cancer Institute- [www.cancer.gov](http://www.cancer.gov)*

### WHAT COULD THE RESULTS INDICATE?

<b>RISK</b>	<b>PSA #</b>
<b>LOW</b>	0 to 2.5
<b>SLIGHT TO MODERATE</b>	2.6 to 10
<b>MODERATELY ELEVATED</b>	10 to 19.9
<b>SIGNIFICANTLY ELEVATED</b>	20 or more

There is not a specific "normal" PSA level. If your PSA results continue to rise over time, you should contact your Physician for more testing and possible treatment.

BLOOD PRESSURE  
CHOLESTEROL  
GLUCOSE  
PSA

BONE DENSITY  
HEMOGLOBIN A1C  
HRA  
BODY COMPOSITION  
FACIAL SKIN ANALYSIS