

# Prostate cancer risk

What you need to know about the PSA test, including its benefits and limitations.

## Suitability for the test

The PSA test is usually recommended for men over 40. Earlier testing may be considered with a family history of prostate cancer.

## What is PSA?

Prostate Specific Antigen (PSA) is a protein produced by the prostate gland. A raised PSA can indicate prostate cancer, but elevated levels are more commonly caused by prostatitis, benign prostatic hyperplasia (BPH), recent ejaculation, cycling, or heavy exercise.

## About the test

Early detection allows for easier treatment before symptoms appear. By the time symptoms develop, cancer may have spread and become harder to treat.

## General advice - avoid for 48 hours prior:

- Ejaculation or heavy exercise
- Active urinary tract infection (UTI)

## Results

### Raised test result

- If your PSA result is elevated, speak to your GP to discuss the cause. A raised PSA does not necessarily mean cancer - your GP can advise whether the test should be repeated or a referral is needed.
- False-positive results are possible - the test may appear abnormal with no cancer present, causing anxiety and further tests which carry their own risks.

### Normal test result

- A normal PSA does **not** rule out cancer. Results should be interpreted cautiously, especially if symptoms such as frequent urination or difficulty passing urine are present.
- False-negative results are possible - the test may appear normal even when cancer is present, potentially delaying diagnosis.

## Next steps

We understand that a health assessment is just the beginning. That's why we work alongside carefully selected partner organisations to provide you with exclusive onward cancer support.

Scan the QR code below to stay up to date with our latest partnerships.



Contact our customer care line for more information: 0808 168 7867