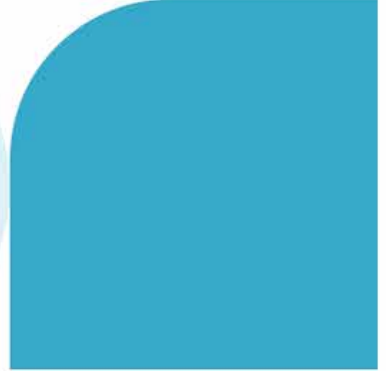
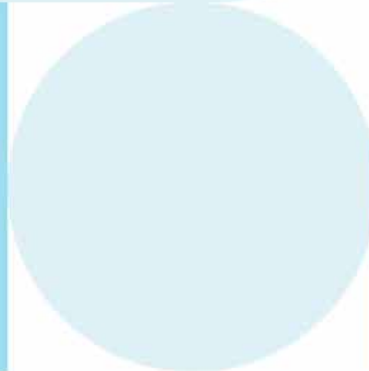
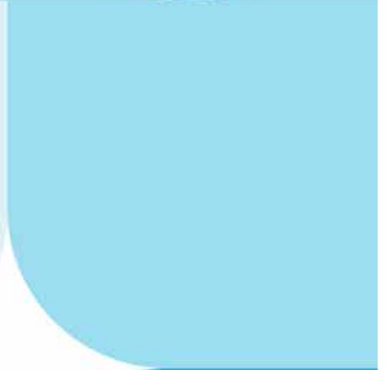
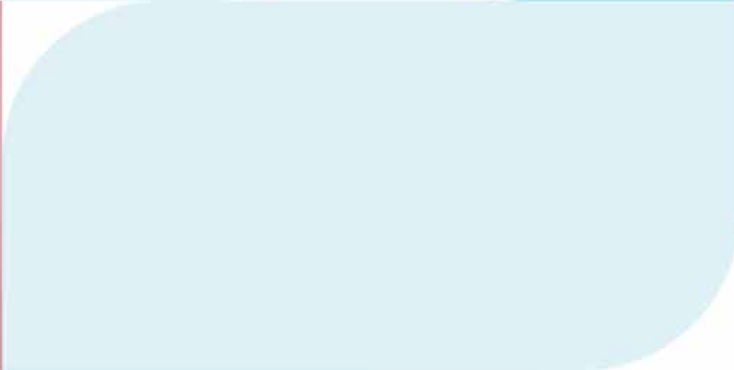




Test report



At-home test




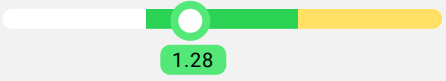
# PSA Test

Lab test

Blood

Name: **Sample Report**    Date of test: **08/24/2023**    Analysis-ID: **DUMMY-14**

## PSA Test - Your results

Namn	Your value	Reference value	Scale
PSA	 1.28 ng/ml	< 4,0 ng/ml	 1.28

### What is PSA?

PSA stands for Prostate-Specific Antigen, and the test measures the amount of prostate-specific antigen in the blood. PSA is released into a man's blood through the prostate gland. Healthy men typically have low levels of PSA in their blood. The amount of PSA in the blood normally increases over time, prostate enlarges with age. PSA levels can also increase due to inflammation in the prostate gland (prostatitis) or prostate cancer (benign prostatic hyperplasia, prostate cancer, injury, recent ejaculation, sexual activity (ejaculation), or regular cycling can also temporarily raise PSA levels).

### Why analyze PSA?

The PSA test is primarily conducted to screen men for prostate cancer, but it is not a diagnostic test. If a PSA test is used for screening, it is usually performed on men older than 50 years or those with a high risk of prostate cancer, especially men with a family history of prostate cancer. Some other common medical conditions, such as benign prostatic hyperplasia (BPH) and prostatitis (inflammation of the prostate), can cause elevated PSA levels. A rectal examination or ultrasound may be done if the doctor suspects prostate cancer. Furthermore, a biopsy may also be taken, but it is not without complications.

PSA is present in both normal and pathological (diseased) prostate tissue. The PSA level is generally correlated with the amount of prostate tissue, but it is not entirely reliable. The highest values are observed in metastatic prostate cancer. In prostatitis, PSA levels can be as high as 10 ug/l, but they decrease when the inflammation subsides. The "gray zone" between 4 - 10 ug/l is where the risk of malignancy is observed with increased values. Normally, men under 50 years of age should not have a PSA level above 2.5 ug/l, while men over 70 years with benign prostatic hyperplasia (non-cancerous prostate enlargement) can have values up to 5 ug/l. Testing PSA test, and the results should be evaluated in conjunction with other clinical findings, symptoms and age. Medical treatment of benign prostatic hyperplasia with 5-alpha reductase inhibitors reduces prostate size and consequently lowers the PSA level. Finding prostate cancer early and treating it can prevent certain health problems and reduce the risk of dying from cancer. However, some treatments for prostate cancer can also cause other issues, such as incontinence or erectile problems. Some men may choose not to treat prostate cancer if it turns out they have the disease. An older man who does not experience bothersome symptoms of prostate cancer may choose not to treat the cancer because many people die of other things before the cancer becomes life-threatening. The decision to undergo treatment for prostate cancer should be carefully considered, taking into account individual factors, potential side effects of treatment, and the overall health and life expectancy of the individual.

### What does a high PSA value mean?

High PSA levels can indicate cancer, but in most cases, it is not due to a significantly advanced cancer. Elevated PSA levels can also be caused by benign prostatic hyperplasia or inflammation of the prostate (prostatitis). To confirm a cancer diagnosis, a transrectal ultrasound (TRUS) and prostate biopsy are necessary. These a different tests help to determine if cancer is present and provide more accurate information for further evaluation and treatment decisions. It is essential to follow up on elevated PSA levels with appropriate investigations to differentiate between benign conditions and prostate cancer.

There is evidence to suggest that pressure on the prostate can lead to falsely elevated PSA levels, so it is advisable to avoid riding before taking the PSA test. Sexual activity resulting in ejaculation can also temporarily raise PSA levels, but it is unclear how long ejaculation affects the test results. Therefore, it is recommended to refrain from sexual activity and ejaculation for at least 24 hours before taking the PSA test to ensure more accurate and reliable results. Following these guidelines helps to minimize potential factors that could influence the PSA levels and provides a clearer picture of prostate health during testing.

