

PSA, FREE AND TOTAL

WHO SHOULD GET THIS TEST?

If your total PSA is within a certain range, then your provider may test your free PSA as well.

According to the U.S. Preventive Services Task Force, men between the ages of 55-69 may choose to get periodic PSA tests for prostate cancer screening after discussing it with their healthcare provider. They may choose to start screening earlier if they have certain risk factors, such as family history of prostate cancer or African American ethnicity. The PSA test can also be used to monitor patients after prostate surgery or radiation therapy.

The PSA test is not diagnostic of cancer, and PSA test results should be followed up by a healthcare provider.

WHY IS THIS TEST IMPORTANT?

Prostate cancer is the most common cancer for men in the United States. Approximately 1 in 8 men will be diagnosed with prostate cancer in their lifetime. The most common risk factor for prostate cancer is age, so all men are at risk for prostate cancer.

An abnormal PSA does not necessarily indicate a cancerous condition. The most common causes of an abnormal PSA level

are noncancerous conditions, such as benign prostatic hyperplasia, prostatitis, trauma, taking certain medications, and more.

If someone has an elevated total PSA, their healthcare provider may decide to perform a prostate biopsy to determine the cause. In some cases, the provider may choose to test free PSA first, because certain values of free PSA and total PSA can indicate a benign condition rather than a cancerous condition. This could potentially mean avoiding or delaying a prostate biopsy. Of course, there are several factors that would go into making a decision like this, so all PSA test results (and subsequent recommendations) should be discussed with a healthcare provider.

OTHER RELEVANT TESTS

If you're interested in this panel, you may also want to consider:

- Comprehensive Male Panel
- Annual Check Up Panel
- PSA, Total

Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.