

# UNDERSTANDING YOUR PSA



CHICAGO PROSTATE CENTER

815 Pasquinelli Drive, Westmont, IL 60559  
630.654.2515 [www.prostateimplant.com](http://www.prostateimplant.com)

## What you should know...

According to the American Cancer Society, 1 in 6 men will be diagnosed with prostate cancer in their lifetime. If detected early, it is one of the most curable types of cancer. To ensure early detection, Chicago Prostate Center doctors recommend:

- A yearly prostate specific antigen (PSA) blood test
- A yearly digital rectal exam (DRE)
- Begin testing at age 50 (if African-American, begin testing at age 40)

## What is a PSA?

Prostate specific antigen (PSA) is an enzyme produced by the prostate which all men have in their bloodstream. The PSA is a blood test which measures the amount of prostate specific antigen in a man's bloodstream. It is the gold standard for detecting early stage prostate cancer.

## What does the PSA number mean?

In general, a healthy PSA level range is between 0-4. Patients should seek further testing when the PSA level is above this – or increases between tests. PSA testing is very individualized and what is considered abnormal for one man may be normal for another.

## Where can I get a PSA blood test?

You can obtain a PSA blood test from qualified medical practitioners, including a urologist, family practice physician or at Chicago Prostate Center.

**Chicago Prostate Center offers FREE Prostate Cancer screenings each September. Call 630.654.2515 for more information.**

## PROSTATE CANCER RISK FACTORS

**FAMILY HISTORY:** Higher risk for men whose fathers or brothers have had prostate cancer.

**AGE:** Men over 50 have a higher risk than younger men.

**RACE:** More common in African-American men.

**DIET:** Diets high in animal fat or red meat may increase risk; a diet rich in fruits and vegetables may lower risk.

## Normal PSA ranges (ng/ml) for men

Age Range	Caucasian	Asian	African-American
40-49	0-2.5	0-2.0	0-2.5
50-59	0-3.5	0-3.0	0-4.0
60-69	0-4.5	0-4.0	0-4.5
70-79	0-5.5	0-5.0	0-5.5



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### What do I do if my PSA is out of normal range?

It is important to seek additional medical advice as soon as possible. Your physician may recommend a repeat test (be careful not to wait more than 6 months) or in-office, transrectal biopsy which involves taking a small amount of tissue that is analyzed under a microscope. The sample is then given a Gleason Score which determines the existence or severity of cancer.

### What is a Gleason Score?

When reviewing a biopsy, a pathologist examines cells under a microscope and the degree to which they appear different from normal cells. This is what determines the cancer grade. The Gleason grading system ranges from 1 – 5, with 1 representing cells that are nearly normal and 5 representing cells that do not look like normal prostate cells at all. A primary Gleason grade is given to the most common pattern and a secondary grade to the next most common pattern. The sum is what determines a Gleason score.



### Do I need a digital rectal exam (DRE)?

Yes, it is very possible to have a normal PSA test but still have prostate cancer. A tumor in the prostate can often be felt as a hard lump. Likewise, often the DRE does not reveal any abnormalities that the doctor can feel. For this reason, the PSA blood test together with the DRE is important for early detection.

**Call Chicago Prostate Center today to schedule your Prostate Cancer Screening, Comprehensive Biopsy (STPB) or to talk with a physician. We are here to help. 630.654.2515. Or, visit [www.prostateimplant.com](http://www.prostateimplant.com) to learn more.**

## FREE ANNUAL PROSTATE CANCER SCREENINGS

CALL 630.654.2515 FOR MORE  
INFORMATION

### What if my PSA continues to be out of normal range but the office biopsy did not find any cancer?

Chicago Prostate Center physicians have developed Stereotactic Transperineal Prostate Biopsy (STPB), the most comprehensive, sophisticated prostate biopsy technique available. This outpatient test diagnoses 40% more cancer than the standard office biopsy. It is performed through the perineum, under general anesthesia and systematically samples every part of the prostate gland. More patients are choosing this option as their first choice. Most insurance plans, including Medicare, cover this procedure.