



THE TRINIDAD AND TOBAGO CANCER SOCIETY

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PROSTATE CANCER SCREENING

Prostate Specific Antigen

- Performed by a qualified Registered Nurse / Phlebotomist
- May be uncomfortable but is not usually painful
- Results are available in two (2) weeks

What is PSA?

- The PSA is a blood test that measures how much of a particular protein (called prostate specific antigen) is in your blood is one of the methods that physicians use to detect prostate cancer. The test is considered an effective start to the prostate cancer screening process, and a useful test to be used to monitor the effectiveness of treatment used for those being treated with prostate cancer
- Consists of PSA (blood test) followed by Prostate examination (Digital Rectal Exam)
- Done yearly

Who should have PSA?

- All men 40 years and over
- Strong family history of cancer

Preparation for a man before a PSA test

One to two days before:

- Refrain from sexual intercourse / any vigorous activity / anything that includes ejaculation or prostate stimulation for at least 48 hours before the test
- A recent ejaculation might cause a slight rise in PSA levels
- No cycling, running, riding a horse or any form of exercise etc. for 48 hours prior to date of procedure

Prostate Examination

DRE - Digital Rectal Examination:

- Is performed by one of our qualified doctors
- Is performed after the PSA sample is taken
- May be uncomfortable but is not usually painful

"To create and promote greater awareness of the need for early detection and preventative measures to reduce the incidence of cancer through education, service and advocacy."

Support

Volunteer

Become a Member