



UROLOGY
PATIENT & FAMILY
EDUCATION



GET TO KNOW: PROSTATE-SPECIFIC ANTIGEN (PSA) TEST

Catch prostate problems early, even if symptoms aren't showing.

WHAT IS A PROSTATE-SPECIFIC ANTIGEN (PSA) TEST?

A PSA test is a blood test that **detects the presence of a protein produced by cells in the prostate gland.**

PSA levels that are higher than normal often point to an infection, prostate enlargement or prostate cancer.

In its early stages, prostate issues may not cause noticeable symptoms such as pain or discomfort.



This is why including a PSA test as part of your annual health screening routine is important. This can help with the early detection of benign prostate hyperplasia (prostate enlargement) and prostate cancer.



A PSA Test



is a simple blood test.

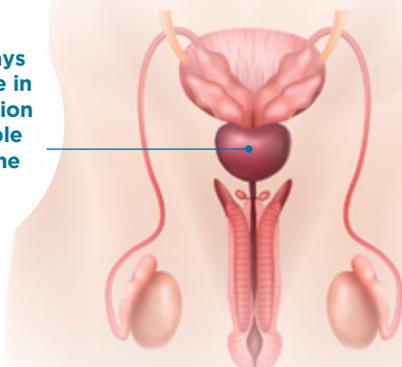


does not require any fasting or preparation.



can be done as and when required, or as part of a man's regular health screening.

The prostate plays an important role in sexual reproduction and is responsible for producing the fluid found in semen.



Prostate cancer is the 2nd most common cancer among **men aged 50 and older** in Singapore.

Is it prostate enlargement, or cancer?



What is it?

Prostate enlargement



The prostate may grow larger with age. Over time, this may press on the urethra, making it difficult for urine to pass through.

Prostate cancer



An abnormal growth of prostate cells that form a malignant tumour.



Symptoms

Prostate cancer may not cause any symptoms in its early stages. In more advanced stages, prostate cancer may share similar symptoms as an enlarged prostate. Speak to your doctor if you experience any of these symptoms.



Prostate enlargement

- Q Frequent need to urinate at night
- Q Straining to urinate
- Q Difficulty starting or stopping urination
- Q Unable to completely empty the bladder
- Q Sudden urge to pass urine
- Q Accidental urine leakage

Prostate cancer

- Q Frequent urge to urinate
- Q Difficulty urinating
- Q Weak urine flow
- Q Blood in urine or semen
- Q Swelling of the lower limbs
- Q Lower back pain while at rest



Potential complications, if left untreated

If your doctor suspects prostate cancer, early diagnosis and treatment is vital as only 40% of patients with advanced prostate cancer survive more than 5 years.



Prostate enlargement

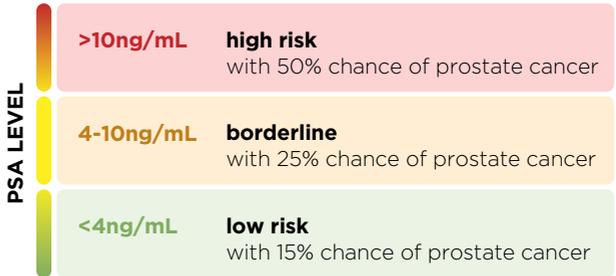
- + Bladder stones
- + Kidney and/or bladder damage

Prostate cancer

- + Spread of cancer to other parts of the body
- + Lower survival rate

UNDERSTANDING YOUR PSA TEST RESULTS

PSA test results help a doctor evaluate your prostate cancer risks, and determine if further tests are needed.



Other prostate tests

The following tests may also be performed to confirm if it is prostate enlargement or prostate cancer.



Digital rectal examination



Imaging tests such as Transrectal Ultrasound (TRUS) or Magnetic Resonance Imaging (MRI)



Prostate biopsy



A PSA test is the first step to detecting prostate problems and you may need additional tests to confirm the diagnosis.

Early detection allows for lifestyle changes or active surveillance to manage the risks of the disease. Early treatment can also be more effective. Speak to your doctor about getting a PSA test to stay informed about your prostate health.

For more information, speak to us at:



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