

PSA Test
TEST RESULT

Test result PSA Test

Name
Max Mustermann

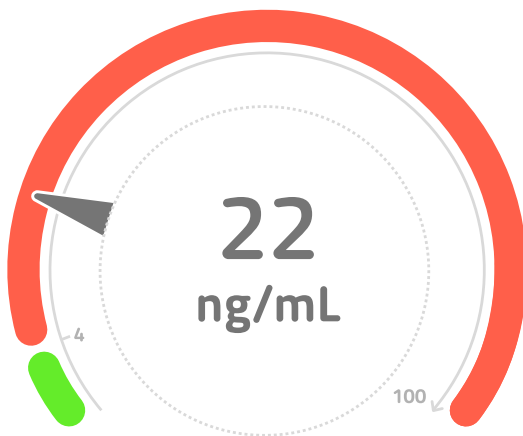
Sample Number
PSA2

Report Date
14/10/2021

Birth date
20/12/1982

Your test result

As requested, we have tested your blood sample for your level of **prostate-specific antigen (PSA)**, which can provide information about possible prostate diseases.



Your measurement result

The concentration of PSA in the blood is measured in nanograms per milliliter (ng/ml).

Your measured **PSA level** is **22 ng/mL** and is therefore in the elevated range.

● ≤ 4.0 ng/mL normal values

● > 4.0 ng/mL evaluated values

Explanation of reference range: The stated reference value of below 4 ng/ml represents the usual value of a healthy adult. Deviations without clinical symptoms do not allow a direct conclusion on a specific disease, but may only indicate an individual status, which can give hints on recommendable improvements in the context of your PSA level. Deviations must always be considered in the context of a clinical picture and specific symptoms.

Evaluation

The PSA test is used to detect possible diseases of the prostate, such as bacterial inflammation or benign enlargement. If the PSA level in the blood is particularly high, this can also be an indication of prostate cancer. PSA tests are therefore occasionally used for the early detection of prostate cancer. Prostate cancer is the second most common form of cancer in men worldwide and the fifth leading cause of death¹⁻².

In this context, a PSA value in the range of more than 4 nanograms per milliliter in the blood means that a further medical examination may be useful to determine the cause of the elevated value³.

If the value is significantly elevated above 10 ng/ml, the risk of having a medical problem is comparatively high⁴. You should present yourself to your responsible physicians* in case of this result.

If your value is low, there may still be a small risk of disease if you have symptoms. The medical significance of your test result depends on various individual factors in addition to the laboratory value, such as your weight and age.

Read through the information below on key symptoms, risk factors, and prevention strategies to learn more about your result.



Please remember that the cerascreen® PSA test is not a substitute for medical advice or diagnosis. Your test result alone is not sufficient for you to undertake treatments and measures on your own. Please always consult your responsible physicians if you want to take further measures.

Your individual result report

To help you better understand the test results, we explain everything about **prostate-specific antigen** and its role in disease prevention. You will also find some helpful information about prostate cancer - the most important symptoms and preventive measures to best understand the significance of your PSA test result.

The information contained here has been compiled by health science graduates and is based on scientific research.

The prostate-specific antigens

The healthy cells of the prostate produce a protein, the prostate-specific antigen, which was examined in this test. With **aging**, the prostate enlarges and produces more PSA. **Pressure exposure, stimulation, medication use, or sex** can also temporarily increase the size of the prostate.

In some cases, however, the production of PSA protein may be increased because the prostate is enlarged due to **disease**. Cancer cells can also produce additional PSA in the prostate. Further examination steps help to diagnose a possible disease at an early stage and to start an appropriate treatment⁵. It should be noted that an elevated value does not necessarily indicate malignant disease. Conversely, cancer may be present but not

indicated by an elevated PSA value. Therefore, if you have received a normal test result but still notice the symptoms described below, medical consultation may be appropriate¹.

Diseases of the prostate

A common disease of the prostate is bacterial inflammation, also called **prostatitis**. It is usually caused by bacteria migrating into the bladder, for example through the urethra². Prostatitis can affect people of all ages. In some cases, the acute phase develops into a chronic disease².

Another prostate disease that causes elevated PSA levels is **benign prostatic syndrome (BPS)**. Here, there is a proliferation of cells in the prostate³. The risk of disease increases with age³.

The PSA test is also used for early detection of **prostate cancer**. Prostate cancer is the second most common cancer in men worldwide and is responsible for 15% of all cancers

Remaining pages will be shown in the your individual results report of your cerascreen health test.

Prostate cancer can be detected early through annual screening, usually palpation, beginning at age 45⁴. The PSA test serves as an additional cancer screening test, but should always be evaluated in the context of risk factors, such as age, symptoms, and previous family history⁴. If the test result is in the slightly elevated range, retesting is often recommended first to determine if the elevation was a temporary change. In particular, people who have close relatives who have been diagnosed with prostate cancer should consider screening. According to the guideline program of oncology in Germany, PSA testing allows early detection of tumors, but it should also be noted that occasionally tumors are detected that do not require treatment⁴.

How does lifestyle affect PSA levels?

The role of environmental factors such as your occupation, weight, lifestyle or diet in the development of prostate diseases has not yet been clearly established.

For example, it is already known that factors such as obesity and high alcohol consumption affect the significance of the PSA test result. Regular alcohol consumption can reduce the production of PSA. Thus, test results may be more likely to be in the normal range even though cancer cells are present⁵.