



Information about Men's Health and PSA

Men have always been slow in coming forward with their health concerns either ignoring symptoms or failing to attend for routine check ups. This is as true for prostate disease as it is for blood pressure and diabetes.

PSA (prostate specific antigen) is a blood test that is used in conjunction with prostate examination to help decide those men most likely to be developing prostate cancer. The normal range varies with age and most urologists use an age related range to decide who requires further investigation.

Age	PSA
40-49	0-2.5
50-59	0-3.5
60-69	0-4.5
70+	0-6.5

Often men are also suffering from some other symptoms related to prostate enlargement such as visiting the toilet more regularly and passing urine more slowly. Often these symptoms can be easily treated with medication and in more troublesome cases with a simple surgical procedure (TURP or a green light laser operation).

Testicular lumps are also common in men of all ages although often they are slow to seek medical advice. The majority of these lumps are benign and require either reassurance alone or occasionally a small operation. A small minority will have something more sinister and we would encourage men of all ages on finding an abnormal lump in the scrotum to see their doctor and if necessary a referral on to a urologist.