

PCA3

Urine Test for Prostate Cancer



Do you know your risk of having prostate cancer?



What is Prostate Cancer?

Prostate cancer is the most common cancer in Canadian men. One in 7 men will develop prostate cancer during his lifetime and one in 28 will die of it.

Prostate cancer starts in the cells of the prostate gland and usually consists of several primary tumours. If untreated, prostate cancer cells may continue to grow and can spread to other parts of the body and produce secondary tumours (metastases). Prostate cancer usually grows slowly and can often be cured or managed successfully.

There is no single cause of prostate cancer, but some factors appear to increase the risk of developing it, such as family history and a high fat diet. In addition, the risk of prostate cancer increases as men grow older.

THE PROSTATE AND ITS FUNCTIONS

The prostate is an organ in the male reproductive system. It is a spherical gland, the size of a walnut, located below the bladder and in front of the rectum. The prostate surrounds the urethra, which is the tube that transports urine and semen through the penis.

The primary function of the prostate is the production of a whitish fluid for semen. The prostate also plays a part in controlling the flow of urine. In addition, the prostate produces a protein called prostate specific antigen (PSA).

What Are the Symptoms?

Prostate cancer often does not cause any signs or symptoms, especially in its early stages. Symptoms may appear if the tumour makes the prostate larger than normal and it starts to press on the urethra.

Possible symptoms include:

- Changes in bladder habits:
 - Need to urinate often (frequency), especially at night
 - Intense need to urinate (urgency)
 - Difficulty in starting or stopping the urine flow
 - Inability to urinate
 - Weak or decreased urine stream
 - Interrupted urine stream
 - A sense of incompletely emptying the bladder
 - Burning or pain during urination
- Blood in the urine or semen
- Painful ejaculation

However, prostate-related symptoms are also associated with non-cancerous conditions, therefore it is important to consult a doctor. Most enlargements of the prostate are not cancer. Other conditions include:

Benign prostatic hyperplasia (BPH): A non-cancerous growth of the prostate. Prostate enlargement is a phenomenon that occurs with aging in the majority of men. Urinary symptoms caused by BPH are similar to symptoms caused by prostate cancer.

Prostatitis: An infection or inflammation of the prostate. Prostatitis can cause significant increases in PSA levels. Twenty-five percent of men that have urinary problems have prostatitis. The two forms of prostatitis, acute and chronic, can be treated with antibiotics.

Ask Your Provider

The PCA3 Test will inform you of your risk level of having prostate cancer. This information will be useful for you and your doctor in making decisions regarding your healthcare.

Ask your doctor for a prescription for the PCA3 Test and contact us to make an appointment.

Your physician will receive your results within 10 working days following the receipt of your sample at our laboratory.



Dynacare Next

Customer Care
T 888.988.1888
F 450.663.4428

DynacareNext@dynacare.ca

pca3.ca

What is the PCA3 Test?

The PCA3 test is a new gene-based test that is performed on a urine sample. PCA3 stands for prostate cancer gene 3, a gene that is involved in the development of prostate cancer. This test is not a replacement for PSA testing, but provides an additional tool to help detect prostate cancer.

Unlike PSA, the PCA3 result is not elevated when a man suffers from a disease that increases the size of the prostate such as BPH or prostatitis. PCA3 is specific to prostate cancer. Therefore, it gives very useful information, in addition to PSA, in deciding if a biopsy is really needed.

HOW IS THE PCA3 TEST PERFORMED?

The PCA3 test is performed on a urine sample. Just prior to collecting the urine sample, the physician performs a digital rectal exam (DRE) to release cells from the prostate.

WHEN SHOULD I BE TESTED FOR PCA3?

- When you have an abnormal PSA level, with or without a negative biopsy result
- If you have already had a negative biopsy result
- If you have a high cancer risk, even if you have a low PSA level
- To monitor your health, even if you have already had treatment (surgery or radiation) for prostate cancer

WHY ASK FOR THE PCA3 TEST?

- It is highly specific for prostate cancer
- The test is reliable and has shown a correlation with positive biopsies
- It is a non-invasive test performed on a urine sample

Understanding Your Results

The PCA3 test can provide you with useful information regarding the state of your prostate. However, it is important to remember that this test does not provide a final diagnosis. The results received by your doctor will inform you about your risk (high or low) of developing cancerous cells and having prostate cancer.

Low Risk

Low risk means that your PCA3 result is lower than the established limit, indicating a low risk of having prostate cancer.

High Risk

High risk means that your PCA3 result is equal to or higher than the established limit, indicating that there is a high risk of having prostate cancer. You should discuss additional testing with your physician.

