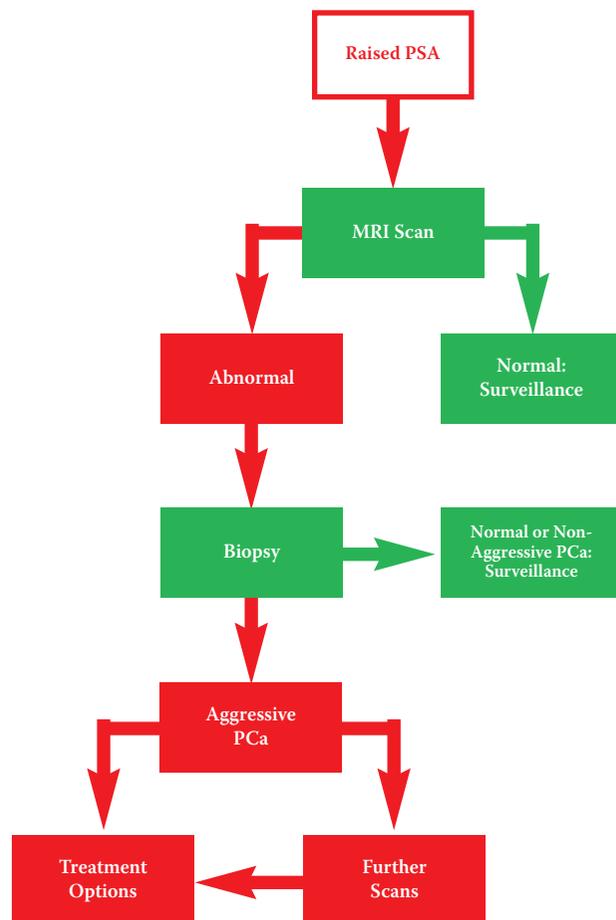


Investigating a raised PSA

PSA levels: ng/ml*

Age	< 2.0	2.0-3.0	3.0-4.0	4.0-5.0	5.0-6.0	> 6.0
Under 50	Green	Yellow	Orange	Red	Red	Red
50-59	Green	Green	Yellow	Orange	Red	Red
60-69	Green	Green	Green	Yellow	Orange	Red
70+	Green	Green	Green	Green	Yellow	Orange

There is no UK standardised, age-weighted range of normal values. These values reflect the ranges in common UK usage.



Early Detection Saves Lives!

We are most grateful to The Provincial Grand Lodge of Suffolk for subsidising and promoting this unique, risk-based, Screening Programme. The best results will be achieved by regular PSA tests in our Programme till at least age 70. The frequency of testing is determined by risk: 1 and 2 yearly initially for men at high risk and intermediate risk but only 3 yearly if the risk is low.

Confirmed Dates for 2021

09:00 - 13:00

Felixstowe

As soon as Covid restrictions permit

Ipswich

12th June & 16th October

Sudbury

30th October

Bury St Edmunds

26th June & 6th November

Lowestoft

20th November

All events are APPOINTMENT ONLY. To book, please visit events.chaps.uk.com. For further information please email celine.larkin@chaps.uk.com.



2021

Prostate Cancer Screening Programme



CHAPS is a men's health charity dedicated to raising awareness and screening for all men's health issues and PCa in particular.



Tackle Prostate Cancer is the campaign name of The National Federation of Prostate Cancer Support Groups. The two charities have come together with Provincial Grand Lodge of Suffolk to run this Programme.



*Suffolk Freemasons
working with the community*

For any further information, advice or participation, contact us at 01206 321251 or info@chaps.uk.com

The UK has no national Prostate Cancer (PCa) Screening Programme and many men are unaware of the risk their prostate gland poses. Consequently, over 12,000 men die from PCa every year and UK mortality is well above our European neighbours.

Our 2020 leaflet “The Who, Why, What and How of Prostate Cancer Screening” explained how long-term programmes regularly testing over 20 years with the simple blood test PSA halved the risk of death from PCa.

In preliminary testing in Suffolk and at Freemasons’ Hall in 2020, 601 masons had PCa tests. Forty-nine (8.2%) were abnormal leading to detection and treatment already for a number of aggressive PCas. Consequently, Provincial Grand Lodge of Suffolk and CHAPS have come together with The National Federation of Prostate Cancer Support Groups (Tackle) to develop this Programme at scale and long-term with major contributors including Manchester and Cambridge Universities, Imperial College, The Graham Fulford Charitable Trust and a team of expert advisors.

NB. We must emphasise the importance of personal, long-term commitment to repeated tests within the Programme to obtain the maximum benefit for men aged 40-80.

After testing, your PSA result, reminders and individual appointments will be communicated online from events.chaps.uk.com.

For men ages 80 plus considering a PSA test, please contact chris.booth@chaps.uk.com or call 01206 321253 for further advice

Normal “Green” PSA Results

- To halve the risk of death from PCa, your initial PSA is coupled to risk factors such as ethnicity and family history of PCa or breast or ovarian cancer on the female side.

These are then used to determine the frequency of future testing within the Programme. We will therefore supply further recommendations on future PSA tests with appointments offered initially as follows:

1 yearly for men at high risk

2 yearly for men at intermediate risk

3 yearly for men at low risk

- PSA tests must continue in the Screening Programme until your mid-70s and we will issue reminders and further appointments in due course.
- The testing frequency may change as time goes by and more of your individual PSA tests accumulate.
- For men already in their 70s or older who have no risk factors and have a low, normal PSA, studies have shown that the risk of death from PCa is remote. Such men can be reassured and discharged, no further PSA tests being necessary.

Borderline “Amber” PSA Results

Such results are marginally abnormal and depending on any additional risk factors, we will recommend a repeat test in 3 months’ time with precautions taken beforehand to ensure the PSA is not raised due to activities such as sex or cycling.

If the follow-up PSA is still abnormal, we recommend referral to a specialist as outlined below for Red results.

Abnormal “Red” PSA Results

When the PSA is abnormal, there is approximately a 1 in 4 chance that there is an underlying PCa. Although the odds are clearly in favour of the raised PSA being due to something harmless, such as inflammation or benign enlargement of the prostate (prevalent after age 60), this obviously needs investigating by a specialist.

We have therefore set up a pathway via the “2 week wait” NHS potential cancer referral criterion to Prof Hashim Ahmed for an MRI scan at the leading MRI unit at Imperial College. This is a free NHS facility that can only be accessed by your GP using the NHS Electronic Referral System and full details will be sent to men where this is necessary. Alternatively, a “2 week wait” referral can be sent to a local urologist if more convenient.

