

STAYWELL

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PROSTATE SPECIFIC ANTIGEN TEST

Years ago IPSC was approached by Delta Community Hospital to combine and provide a community health fair during the week, and during an early part of a day. After several years, it was determined that the time and location was not conducive for IPSC employees. IPSC embarked on offering its own health fair and screenings. In planning the screenings to offer, IPSC was grateful for a company physician who understood the importance of screenings, as well as the proper interpretation of a screening. Dr. Taylor was a big fan of the Prostate Specific Antigen Test.

The Prostate-Specific Antigen test (PSA) is one of the most misunderstood screenings for men. A (PSA) test measures the level of PSA in a man's blood. PSA is a protein produced by the cells of a man's prostate. It is a small gland underneath the bladder. PSA circulates through the entire body at low levels, at all times.

A PSA test is sensitive and can detect higher-than-average levels of PSA. This is where the problem comes in. Just because a man has an elevated level of PSA does not mean he has cancer. High levels of PSA may be associated with prostate cancer, but may also indicate something noncancerous such as an infection. All too often men are told they have prostate cancer after receiving abnormal prostate test results. The word cancer to an individual can be devastating to a person who is told he/she has cancer based on a screening. Dr. Taylor understood that and recommended IPSC offer the PSA screening. If a test came back high, the individual was referred for testing to determine if the score was cancer, an infection, or an enlarged prostate. Dr. Taylor was also adamant about tracking the tests over time, and if noticing a rising trend, the scores may indicate a need for advanced testing.

According to the Centers for Disease Control and Prevention (CDC), prostate cancer is the most common cancer among men in the United States, other than non-melanoma skin cancer. Prostate cancer is also one of the easiest to treat and men can live a long time with prostate cancer if detected early. The first few years IPSC offered the test, several employees had very high scores. Two individuals were younger than was recommended by the CDC but were tested at the IPSC Health Fair. Both individuals were sent for advanced screening and it was determined they had advanced stage prostate cancer. These two men put up a good fight, but are no longer with us. IPSC continues to offer the screening to all employees based on Dr. Taylor's recommendation for any age. Over the years this test has helped many men get proper treatment for prostate issues that were found because they were screened. Multiple cancers have been detected early. As a result, people can live a long, healthy life because they can receive treatment early.

IPSC recommends this test for its male employees and has been able to help employees seek appropriate treatment for cancer and other conditions, even before symptoms, and receiving testing at a younger age than recommended. Getting a base line can be a good start for catching something early rather than later. The test is a simple blood draw and takes only a few minutes, but has the possibility to add years of healthy living to an individual's life.

Health &
Wellness



IPSC Health, Wellness, and Safety Fair



Screenings & Tests

Cholesterol, Metabolic Function, PSA, Glucose, and Blood Pressure Tests

Wednesday, September 4	7-10 a.m.	Wednesday, September 18	7-10 a.m.
Wednesday, September 11	7-10 a.m.	Wednesday, September 25	7-10 a.m.

	<u>Tests</u>	<u>Cost</u>	<u>Location</u>
BP:	Blood Pressure	Active Employees: All Tests Free	Classroom 102
Cholesterol:	Blood Cholesterol Level	Spouses & Retirees: All Tests Free	
Glucose:	Blood Sugar	Contractors: \$20-\$50 +/-	
HRA:	Health Risk Appraisal		
Metabolic Function:	Liver/Kidney/Electrolytes		
PSA:	Prostate-Specific Antigen		

The Cholesterol and Metabolic Function tests are fasting blood screens. No food should be ingested for at least 12 hours prior to the screenings.

 *Only Water is Allowed and is Important. STAY HYDRATED !!!* 

Flu Shots (if received in time) will be available on Wednesdays during the screenings or by appointment in First Aid.

Lots of Prize Drawings

- Drawings for \$15, \$25, \$50, & \$100 gift certificates will be held each week for those who participate.
- \$400 Employee Drawing. For each Health Fair event you participate in, your name will be entered into a drawing.
- \$400 Spouse Drawing. There will be a separate drawing for all spouses who participate in Health Fair activities.

Classes & Activities

<u>Activity</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
Boot Fair	Wednesday, Sept. 4	7:00 a.m. – 4:00 p.m.	Admin Parking Lot
Class*: CPR Emergency Mental Health Intervention	Tuesday, Sept. 10	11:00 a.m. and noon	Conference Room 3
Class*: Connect Care Introduction	Thursday, Sept. 12	11:30 a.m. and noon	Conference Room 3
Class*: The Power of Prevention	Tuesday, Sept. 17	11:00 a.m. and noon	Conference Room 3
Blood Drive	Tuesday, Sept. 24	10:00 a.m. – 4:00 p.m.	Conference Room 4
Class*: Naloxone Training	Thursday, Sept. 26	11:00 a.m. and noon	Conference Room 3
Health Risk Appraisal**	Sept. 4 – Oct. 1	Anytime	Brian Coles' Office
Pre-Hunt/Fitness Peak/Do Something for Your Health, Feel Better and Cut the Junk Initiatives	3 rd Quarter	Anytime	Brian Coles' Office

Spouses are invited to classes.

*Prize drawings will be offered during each of these classes for those who attend.

*Spouses and Shift Workers may read an article and complete the quiz to be entered in the drawings for each class. Must be completed prior to class to be in that week's class drawing.

**Everyone who completes a PROPERLY FILLED OUT Health Risk Appraisal will have their name entered in a drawing.

"Motivation is what gets you started,
Habit is what keeps you going."

