



Health News From The Care Group
Important Prostate Test Information

Do your prostate a favor: avoid sex and bicycles 48 hours before your PSA blood test.

No kidding! Both of these activities can elevate PSA levels, which could lead to an inaccurate PSA reading. As many of you know, the PSA is a blood test used for early detection of prostate cancer.

As the prostate gland contracts during ejaculation, PSA floods the blood stream, resulting in an elevated level. The mechanical pressure exerted by a bicycle seat while riding can also elevate the PSA.

I have seen many patients undergo the unnecessary expense and discomfort of further testing to evaluate elevated PSA levels that were the result of one or both of these factors.

As a side note, an Australian study has shown that men who have more frequent ejaculations are one third less likely to develop prostate cancer because more ejaculations theoretically expel potentially cancer-causing compounds in the ducts of the prostate gland.

Bottom-line: More frequent ejaculations may be good for the prostate gland, but don't do this before you have your PSA checked. And give your bike a break before you come in for your PSA test.

Please help spread the word by passing this important PSA test information along to your male friends. They will thank you for it.

If you would like to make an appointment to discuss PSA or prostate issues, please call The Care Group at (303) 343-3121.

Gerard L. Guillory, M.D., is board-certified in internal medicine and has been practicing in Aurora, Colo., since July 1985. As an assistant clinical professor of medicine at the University of Colorado Health Sciences Center, Dr. Guillory is actively involved in teaching medical students, resident physicians, and nurse practitioner students. He has lectured extensively on the role of nutrition and disease. Over the years, he has fostered an interest in patient education and has authored three books on digestive troubles. He also has served as medical director of a Colorado-based health plan and as a health consultant to employer groups.