

PSA tests at the Lincolnshire Showground Epic Centre on May 8th: How to book yours



Monday, April 8th, 2024

Arrangements are now in place for Lincolnshire Freemasons to have a free PSA test on the day of the Provincial Grand Chapter and Provincial Grand Lodge meetings at the Epic Centre on the Lincolnshire Showground.

The testing is being carried out by men's health charity CHAPS, and can provide an early warning for men over 50 of potential issues with the prostate gland.

What is a PSA test?

The PSA test is a blood test that measures the amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It's normal to have a small amount of PSA in your blood, and the amount rises slightly as you get older and your prostate gets bigger. A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer.

What's involved?

A simple blood test is all that the test involves. CHAPS does not perform any other tests such as a digital rectal examination of the prostate. The charity says a PSA test is still the best available to detect PCa at an early, curable stage. The test measures the level of a particular protein in the blood. The amount depends on your age and the health of your prostate.

What happens after the test?

Blood samples are sent to the lab, and the results are returned to CHAPS. The result is checked against the normal range for your age and any personal risk factors. An online report is generated, showing the exact PSA result and risk assessment. If it's normal, it will be presented as a normal Green result. If the result is slightly abnormal, it generates an Amber result and the test should be repeated in three months. If the result is clearly abnormal, a Red result is generated and should be taken to your GP, as a specialist referral may be required.

It's important to note that CHAPS DOES NOT send results to your GP.

How do I book?

1. Testing is available from 10am to 2pm on May 8th;
2. There are 200 appointments available;
3. Tests **MUST** be booked in advance;
4. You will need your NHS number to make a booking;
5. You **MUST** print your appointment confirmation and take it to the test;
6. You **DO NOT** have to attend the PGC or PGL meetings to book a test;
7. Register by visiting chaps.uk.com/events, entering your email address and creating a password;
8. **To book at chaps.uk.com/events;**
9. Log in using the details you created at Step 7;
10. Use the code **lincoln** to open our booking site;
11. Scroll down until you see our event and click 'book';
12. Watch the video that pops up (which testers say is more interesting than they expected);
13. Make your booking.

Paul Fox's PSA experience

In May Vermuyden Lodge member Paul Fox goes into hospital to undergo surgery for an aggressive form of prostate cancer – which was spotted only because he decided to have a PSA test even though he had no symptoms. Paul has just come out of the Chair at Vermuyden Lodge at Crowle, and had dedicated his year in office to encouraging all of the 50-plus members to get tested.

He said: “I had no symptoms, but my test, and what’s happened as a result, show just how important it can be to get tested. The arrangement for PSA testing on the day of Lincolnshire’s Provincial meetings is an opportunity not to be missed for anyone not already on a regular monitoring regime. Doctors say that if I’d waited six months it might have been too late.”