

Did you know?

Statistically, men visit their doctors less often than women and have fewer tests ordered. When they do, it's often to check specific complaints rather than have routine tests. As a result, participation in men's screening programs is far lower than women's programs.

Why are screening programs important?

Screening programs are important because they increase the likelihood of catching a health concern in its early stages when treatment is often most effective. Women's screening programs such as breast & cervical cancer have dramatically reduced the mortality rates of these diseases.

What is LifeLabs doing to help?

To help address the key issues of education and participation in men's screening programs, LifeLabs has created a simple men's health panel with diagnostic tests for issues common to men over the age of 45.

What tests are in the panel?

The men's health panel consists of a test for prostate specific antigen (PSA), a lipid profile, a measure of bioavailable testosterone and a fecal immunochemical test (F.I.T.)

Why are these tests important?

Each test in the panel screens for issues common to men over the age of 45.

Prostate Specific Antigen

PSA helps screen for prostate cancer which is the most commonly diagnosed cancer in males. If caught early, survival rates for prostate cancer are in excess of 90%.

Lipids

A lipid panel looks at things like cholesterol and triglyceride levels, markers that may point to risk factors for high blood pressure, cardiovascular disease, coronary heart disease and stroke. Undesirable lipid levels may point to risk factors but often can be managed through a program of diet and exercise.

Bioavailable testosterone

Declining libido and sexual dysfunction are concerns for middle aged men. Over the age of 45, testosterone levels begin to decline on average at a rate of 1% a year. Testosterone plays an important function in sex drive, sexual function and male fertility. Declining levels have also been associated with osteoporosis, loss of lean muscle mass and changes in metabolism. Since testosterone can be *free* or *bound*, it is useful to measure both, or the *bioavailability*. Treatments exist for many conditions caused by declining testosterone levels.



Fecal Immunochemical Test (FIT)

The fecal immunochemical test or FIT, is a test that looks for human hemoglobin in stool. The test is designed as an early marker for Colorectal Cancer. Colorectal cancer is the second leading cause of cancer deaths in Canada but if screened

and caught early, the chances of survival increase by 90%. Males over the age of 50 are recommended to have an occult blood test every 2 years. The FIT test provides advantages over other methods in that it is highly sensitive, requires only a single sample, has no dietary restrictions and is not affected by aspirin or vitamin C.

Do I need to be a certain age to benefit from this panel?

Males of all ages can ask their doctors if the Men's Health Panel is right for them, however since the panel is comprised of tests relevant to middle aged men it will be most applicable to men over the age of 45.

What are the benefits of ordering a panel rather than individual tests?

A panel is a collection of tests that can be performed from samples collected at the same time. This saves you time, saves you money and provides you with faster results. It also takes much of the guesswork out of the types of tests you might want to discuss with your doctor. We have designed the men's health panel to be simple, affordable and relevant.

What type of samples will be collected?

The panel requires a urine sample, a blood sample and a tiny amount of stool sample.

How do I get tested?

Visit your doctor. If the Men's Health Panel is right for you your doctor will give you a standard requisition with "Men's Health Panel" written in the section under "Additional Tests". Take this to any of LifeLabs' 83 patient service centres where a urine sample and a blood sample will be collected. You will also be given a collection kit and instructions for your FIT test. Your samples will be complete when you have returned your FIT collection container.

Is there a charge for the panel?

Yes, you will be charged \$100 before any samples are collected. The Men's Health Panel is a collection of patient pay tests that are more expensive if ordered individually. By ordering the panel you save \$60.

How do I pay for the service?

Payment may be made by Visa, MasterCard, debit, cash or cheque. The fee must be paid before any samples are collected.

Can I get reimbursed by my insurer?

Possibly. All plans are different. Check with your extended healthcare provider, some or all of the Men's Health Panel may be reimbursable.

How do I get my results and how long will it take?

There are 2 ways to get your results. You can make an appointment to discuss your results with your doctor, or you can visit www.myhealth.ca and sign up for electronic lab results.

What do I do if my results are outside the normal range?

Remain calm. Depending on your age, your unique situation and your overall health, there may be reasons for results outside the normal range. Remember, the panel tests for health risks that are treatable and if caught early have much better outcomes.

Next steps.

If you are a male over the age of 45, consult your doctor to find out if the Men's Health Panel is right for you. If appropriate, your doctor will prepare a lab requisition and direct you to one of LifeLabs' 83 patient service centres for sample collection.

LifeLabs has nearly 50 years experience serving the healthcare needs of Canadians.

Our laboratory testing services help physicians and other healthcare providers in the prevention, diagnosis, treatment and monitoring of disease and illness in patients. Our tests help to:

- Determine health risks and preventative steps;
- Diagnose and detect the onset of disease;
- Identify suitable treatments and reactions; and
- Monitor and adjust treatments as required.

Every year across Canada LifeLabs:

- Sees over 10 million patients
- Conducts over 50 million lab tests
- Provides service to nearly 20,000 physicians

We care about helping patients and physicians and we use our knowledge of laboratory medicine to help identify the right course of action to improve healthcare outcomes.



For more information please contact LifeLabs:

- toll free at 1-800-663-9422
- email Contract.Service@lifelabs.com
- or visit our website at www.lifelabs.com

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Men's Health



- Prostate Specific Antigen (PSA)
- Lipids (HDL, LDL & Triglycerides)
- Bioavailable Testosterone (B.A.T.)
- Fecal Immunochemical Test (FIT)



A panel of tests designed specifically for men 45+

LifeLabs Medical Laboratory Services offers a panel of tests to screen men 45 and up for common health risks.

Ask your doctor if it is right for you.

