

A QUICK BLOOD TEST COULD SAVE YOUR LIFE

Many men avoid **prostate checks** because they think it's an uncomfortable exam.

But today, a simple PSA blood test – just a **small finger-prick** – can detect early signs of prostate cancer.

It's fast, easy, and could protect your health.

KNOW THE WARNING SIGNS

Don't ignore any of these changes:

-  Needing to urinate often, especially at night
-  Weak or slow urine flow
-  Pain or burning when urinating
-  Blood in urine or semen
-  Discomfort in the lower back or pelvis



- The PSA test helps spot problems **before** symptoms appear
- **Men over 40** should get tested regularly
- **Early detection** makes treatment more effective

TAKE CHARGE OF YOUR HEALTH TODAY!

Ask your clinic or doctor for a PSA blood test
– or contact LifeAssist for confidential advice and support.



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