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FOR IMMEDIATE RELEASE

Centris Employee Credits Free PSA Test at Car Show with Saving His Life

OMAHA – PK Kopun is one of those health-conscious guys everyone admires. He doesn't drink, doesn't smoke and goes to the gym five days a week without fail.

When his employer decided to sponsor a car show in 2016 that offered free PSA tests to men over 40, PK was intrigued. "I never had any health issues, so I decided to go and prove that prostate cancer was not my problem, it was someone else's," he said.

Then 58, the mortgage loan originator at Centris Federal Credit Union was shocked when he received his test results a week later in the mail. "My PSA level was an 11, which is in the danger zone, and the letter advised me to follow up with my doctor for further testing," he said.

A Prostate Specific Antigen (PSA) test measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. According to the Nebraska Prostate Cancer Alliance, there are no symptoms during the early stages of prostate cancer. That's why screenings, such as the PSA test, and annual checkups are critical in catching the disease early.

PK was one of the many men who had no symptoms.

After months of referrals and tests – one of which took him to Illinois in December 2016, he was diagnosed with prostate cancer. The initial treatment plan called for six sessions of chemotherapy. After completing the first three sessions, PK's oncology team saw no evidence of improvement, so surgery to remove his prostate was performed in April 2017.

"The surgery went very well, and then the recovery process began, which has its own set of challenges," PK said. He recalls July 4, 2017, as the day the switch was flipped. "I started feeling a whole lot more normal, slowly returning to work and to the gym," he said.



It's now six years post-surgery, and PK says it's like his prostate cancer never happened. He's quick to mention the support of his wife, Judy, who was by his side from testing through diagnosis, treatment and recovery. "It would have been 10 times harder without her," he added. Support groups on Facebook helped him connect with others going through the same experience.

PK's mortgage team at Centris also played an important role in his recovery. "I am so grateful, as they were instrumental in stepping in and taking care of my workload, helping my customers have a seamless experience during the two months I was off work," he said. "Thanks to them, all of my loans in process closed on time."

PK will be among those volunteering Aug. 6 at the 2023 Cruisin' for a Cure Car Show hosted by the Nebraska Prostate Cancer Alliance. The event will be held from 10 a.m. to 3 p.m. at Centris Federal Credit Union's headquarters, 13120 Pierce Street, in Omaha. Registration is from 10 a.m. to noon, and the car show runs from noon to 3:00 p.m. Methodist Hospital staff will be conducting free PSA tests for men over 40 from 10 a.m. to 2 p.m.

The prostate cancer survivor has become a strong advocate for the PSA test and is a local sounding board for men with questions and concerns. "You owe it to yourself, your wife and your family to get tested," PK said. "By the time the symptoms find you, it may be too late."

Centris Federal Credit Union, founded in 1934, is one of Nebraska's largest federally chartered community credit unions. Centris serves Douglas, Sarpy, Lincoln, McPherson and Pottawattamie counties, and has 15 offices located in Omaha, Grand Island, North Platte and Tryon, Neb., and Council Bluffs, Iowa. Centris has been voted Omaha Magazine's Best Credit Union for 14 consecutive years. For more information, visit www.centrisfcu.org.