



PSA TRACKING WORKSHEET

Track the trend. Not just the number.

Bring this page to every appointment.

Use it to record your PSA history and discuss changes over time with your care team.

DATE	PSA #	DR SEEN	NOTES	NEXT TEST

What to look for in your trend

- 1 Rising consistently across multiple tests - discuss the pattern with your doctor.
- 2 A noticeable acceleration in the trend - ask whether additional evaluation is appropriate.
- 3 After treatment, a changing PSA pattern - ask what it means for your surveillance plan.
- 4 Any detectable or rising PSA after prostatectomy - discuss it with your treating team.

For personal tracking only. This worksheet does not replace professional medical evaluation.



APPOINTMENT QUESTION CHECKLIST

Ask one more question before you leave the room.

Take this checklist to your next appointment.

Check off the questions you want answered and write down the key points.

- ☐ 1. Was a PSA test included in today's bloodwork?

- ☐ 2. How does today's PSA compare to my previous results?

- ☐ 3. What is the trend in my PSA over the last 2-3 years?

- ☐ 4. Given my age and risk factors, is my current screening approach appropriate?

- ☐ 5. If my PSA is elevated, what are the possible explanations?

- ☐ 6. What specific value or rate of change would prompt you to recommend a biopsy?

- ☐ 7. Should we discuss the free PSA ratio?

- ☐ 8. Is there any imaging that would be appropriate to consider?

- ☐ 9. What symptoms between now and my next appointment should prompt me to call?

- ☐ 10. Is a second opinion appropriate for my situation?

Ask one more question. The right question at the right time can change everything.