



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.