PCEC
PROSTATE CONDITIONS EDUCATION COUNCIL
www.prostateconditions.org

PSA TEST TRACKER

Know Your Numbers. Track Your Trend.

A focused tool for monitoring your PSA trends over time.

Date	PSA Result (ng/mL)	Clinic	Doctor	Notes / Questions

Questions To Consider Asking Your Doctor:

- How often should I be getting my PSA tested?
- What changes in my PSA number should I pay attention to?
- Are there factors that could affect my PSA result?
- What other tests or follow-up steps might be helpful for me?
- How does my PSA trend compare to what you'd expect for someone my age?

Disclaimer: For personal tracking and educational use only. Not a substitute for professional medical advice. Always discuss results with your doctor.

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MEN'S 7-POINT WELLNESS TRACKER

Know Your Numbers. Track Your Trend.

A complete view of your prostate and metabolic health.

Date	PSA	Cholesterol	Testosterone	HDL/LDL	Triglycerides	Glucose

Notes / Questions for Your Next Appointment: *Check your lab report for any results flagged as 'High' or 'Low' and list them below to ask your doctor about.*

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