



KEEPING TRACK

YOUR PERSONAL LABORATORY TEST TRACKER

▲ Keeping track of your laboratory test results helps you play an active role in treating your prostate cancer. Bring this worksheet to your appointments to record your results and review them with your health care team. Ask your doc-

tor about other key tests to include and the reference ranges appropriate for you. Keep in mind these ranges may vary among laboratories, and your laboratory should provide additional reference ranges with your test results.

Write down your lab results below each test date.

Tests	Reference Ranges	Date of Laboratory Testing			
		Ex.: 7/1/21			
PSA and Testosterone					
PSA Level	Ex.: lower than 4.0 ng/mL				
PSA density					
PSA velocity					
PSA doubling time					
% Free PSA					
Testosterone					
Pathology Report					
Tumor type	Ex.: adenocarcinoma				
Tumor size					
Gleason score (ex., 3+4)					
Grade group (1-5)					
Surgical margins					
Extraprostatic extension					
Lymph node status					
Biopsy Reports					
Histology (if no cancer, list as "negative")					
Number of cores taken					
Number of cores with cancer					
Gleason score of core with highest score (e.g., 3+3=6)					
Grade group (1-5)					
General Health					
Weight					
Blood pressure (mm Hg)					
Hemoglobin A1C					
Total cholesterol (mg/dL)					
LDL (bad cholesterol) (mg/dL)					
HDL (good cholesterol) (mg/dL)					
Triglycerides (mg/dL)					