


MY TRACKER

Testosterone (T) and prostate specific antigen (PSA) are good measurements of your progress. Use this tool to help you record your levels.



What is testosterone (T)?

Testosterone is a hormone that can stimulate prostate cancer growth.

How low should T drop?

The goal of therapy is to drop patient's T levels below 50 ng/dL.

What is PSA?

PSA is a protein produced by cells in the prostate gland. High PSA levels may be an indication of prostate cancer or other conditions. T levels may affect PSA levels.

What is a normal PSA level?

While there is no "normal" or "abnormal" PSA level, a low PSA level is between 0 and 2.5 ng/mL, while an elevated PSA level generally is above 20 ng/mL.

Use the graphs below to plot your T and PSA levels.*

*If your starting levels are higher than the scale on the graphs, write your level in the empty box provided. As your numbers begin to decrease, mark them accordingly on both graphs.

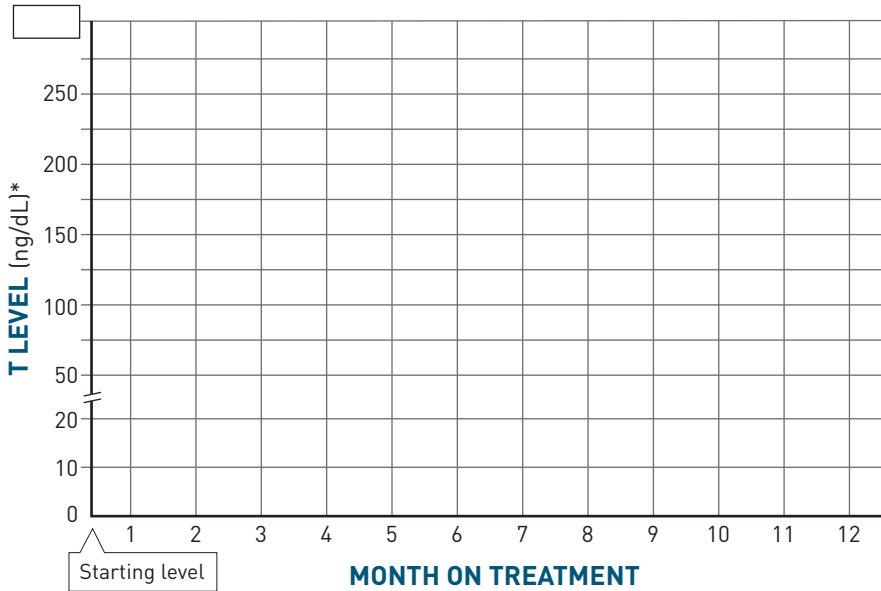
Track your T and PSA levels

As part of your treatment, you may have both your T and PSA levels measured regularly. You and your doctor can monitor these levels to evaluate how your treatment is working.

Appointment Date	T Levels	PSA Levels
NOTES:		
NOTES:		
NOTES:		

Appointment Date	T Levels	PSA Levels
NOTES:		
NOTES:		
NOTES:		

T LEVELS



PSA LEVELS

