



# Visit Overview

**Date:** November 14, 2025

**Provider:** Dr. Saram

**Visit Type:** Follow-up Monitoring

**Your Current Status:** Your PSA levels remain stable and well within the safe range, eight years after your prostate surgery—exactly what your doctor wants to see.

## Key Points Covered:

- Your PSA test results show continued stability with no concerning changes
- Your monitoring schedule is being adjusted from every four months to every six months
- No additional treatment or imaging is needed at this time—continuing watchful monitoring

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# Key Numbers & What They Mean

## Your Latest Results

Your PSA Result

0.18 ng/mL

November 2025

Previous Results

0.15 ng/mL

0.13 ng/mL

Stable and consistent

## PSA (Prostate-Specific Antigen) – Ultrasensitive Test

**What This Means:** PSA is a protein made by prostate tissue. After prostate surgery, we expect it to be very low or undetectable. Your number staying around 0.15-0.18 for several visits means there's no sign of concerning activity. Think of PSA like a smoke detector for prostate health—your detector is working perfectly and not showing any alarms.

## Visual Context

● Safe Zone

0.1-0.2 ng/mL

Your current status

● Watch Zone

0.2-2.0 ng/mL

Would trigger closer monitoring

● Concern Zone

Above 2.0 ng/mL

Would require imaging and possible treatment

## Trend Over Time

Your PSA has been remarkably stable, hovering around 0.13-0.18 over multiple visits. Eight years after your prostate surgery, this stability is excellent news. Your doctor described it as "hanging just above 0.1 but not moving quickly," which means there's no rapid change that would signal a problem. The ultrasensitive PSA test can detect very tiny amounts—one decimal point more precisely than regular PSA tests—so small variations like 0.13 to 0.18 are expected and not concerning.

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# What Your Doctor Said



## Assessment

Dr. Saram is very pleased with your progress. You're now seven to eight years out from your prostate surgery, and your PSA levels show the kind of stability doctors hope to see in successful long-term outcomes. There's no sign of biochemical recurrence (the level where doctors start to be concerned about the condition returning), and you're not in an area that requires any concern.

## Key Points from Your Doctor

1

Your PSA is stable and reassuring

The ultrasensitive PSA test measures more precisely than standard tests, and your levels of 0.13-0.18 are well within the safe range. Dr. Saram emphasized that you're "by no means in an area where we're concerned about."

**Medical term explained: "Ultrasensitive PSA"** means the test can detect PSA levels down to one more decimal place than regular tests, allowing for very precise monitoring.

2

No additional testing or treatment needed right now

Dr. Saram said he's "good with just doing nothing right now," which is excellent news. A PET scan wouldn't show anything at your current PSA level, so there's no reason to do one.

3

Monitoring frequency is being reduced

Instead of checking your PSA every four months, you'll now have it checked every six months. This change reflects your doctor's confidence in your stable condition.

## What This Means for You

Your prostate cancer treatment was successful, and you're maintaining excellent health years later. The fact that your doctor is comfortable extending the time between visits shows he has no concerns about your current status. You'll continue using the same ultrasensitive PSA test to "compare apples to apples" and watch for any rate of change over time.

## Questions Your Doctor Answered

- Should you continue every four months or switch to six months?** Your doctor recommended switching to every six months, which is a positive sign that everything looks stable.
- What's the difference between ultrasensitive PSA and regular PSA?** Your doctor explained that ultrasensitive PSA measures one decimal point more precisely. Since you've been using this test, you'll continue with it for consistency.

### Why This Matters

After prostate surgery, the most important thing is watching for any signs of recurrence. Your stable PSA levels over many years mean your body is responding exactly as doctors hope. You're in the phase where regular monitoring keeps you safe without needing any active treatment.

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# Your Treatment Plan



## Current Treatment Status

You're not on any active treatment at this time, which is exactly what your doctor wants. Your body is maintaining stable PSA levels on its own, so no medications, procedures, or lifestyle changes are needed right now.




## Follow-up Testing



**Ultrasensitive PSA Test** - Schedule in six months (May 2026) - This test will continue tracking your PSA levels to ensure they remain stable. Your doctor will compare the result to your current level of 0.18 to look for any significant changes.

## Monitoring Strategy

Your doctor is watching for the **rate of change** more than the absolute number. Here's what that means:

-  If your PSA stays stable (around 0.15–0.20)  
Continue six-month monitoring with no changes needed
-  If there's a rapid rise or the value goes up significantly  
You would have a PET scan to look for any signals outside the prostate area
-  If PET scan shows concerning areas  
You would discuss options like radiation therapy or hormone therapy

### What "Rapid Rise" Means

Think of it like watching the temperature gauge in your car. A small fluctuation is normal, but if the needle suddenly jumps up quickly, that's when you pay attention. Your doctor is watching for any sudden jump in your PSA number, not worried about small variations.

## Continue Current Plan

The fact that your doctor said "I'm good with just doing nothing right now" is very reassuring. This means your body is doing its job, and medical intervention isn't needed. Staying the course with regular monitoring is the smartest approach for someone in your stable position.

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# What to Watch For



## Normal Patterns to Expect

Since you're eight years post-surgery with stable PSA levels, you should continue feeling healthy with no symptoms related to your prostate. Small PSA fluctuations between 0.13 and 0.20 are completely normal and expected with the ultrasensitive test.

## Warning Signs – When to Call Your Doctor

### ● Call Immediately if:

- You notice blood in your urine that doesn't go away within a day
- You experience severe pain in your bones, especially your back, hips, or ribs
- You have difficulty urinating or complete inability to urinate
- You develop unexplained weight loss of more than 10 pounds in a short time

### ● Schedule an Appointment if:

- You notice any new urinary symptoms that persist for more than a week
- You develop ongoing pain that isn't explained by other causes
- You have questions or concerns about any changes in your health before your next scheduled visit



## Questions to Ask Yourself

Between now and your next appointment in six months, keep these questions in mind:

- Am I feeling as healthy and energetic as usual?
- Have I noticed any new symptoms that don't seem related to other health conditions?
- Do I have any questions I want to write down for my next visit?

## Who to Contact

### Dr. Saram's Office

Contact them for any questions or to schedule your six-month follow-up appointment

Your doctor's office staff will provide lab orders for your PSA test when it's time

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# Your Action Checklist

## Your To-Do List

Action	Your Responsibility	Timeline	Status
Schedule 6-month follow-up visit	Patient	For May 2026	<input type="radio"/> Not Started
Complete ultrasensitive PSA test	Patient	1-2 weeks before May appointment	<input type="radio"/> Pending
Complete lab work for Dr. Mk	Patient	As soon as possible	<input type="radio"/> Pending
Schedule spring appointment with Dr. Mk	Patient	For spring 2026	<input type="radio"/> Pending

### Priority Actions (This Week)

- 1

Check out at the front desk

Schedule your six-month follow-up appointment with Dr. Saram for May 2026
- 2


Get your lab orders

From the office for your next PSA test (they'll provide this)
- 3


Complete your pending lab work

For Dr. Mk that you've been putting off


### Before Your Next Visit

- 

Have your PSA blood test done

1-2 weeks before your May appointment so results are ready when you see Dr. Saram
- 

Write down any questions

Or health changes you notice over the next six months
- 

Continue regular primary care

Appointments with Dr. Mk

### Questions to Bring to Next Appointment

- Are there any lifestyle changes that could help keep my PSA stable?
- At what point would we consider switching from ultrasensitive PSA back to regular PSA testing?
- What are the latest advances in monitoring or treatment for prostate cancer survivors?

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# Understanding Your Condition



## Why This Monitoring Matters

After prostate surgery, tiny amounts of prostate tissue can sometimes remain or cells can rarely grow back. The PSA test acts as an early warning system to detect any activity before it becomes a problem. By checking your PSA regularly, your doctor can catch any changes when they're easiest to treat. Think of it like regular oil changes for your car—you're preventing problems before they start.

## What We're Watching For



**PSA stability**  
Your levels staying in the 0.1-0.2 range shows no concerning activity



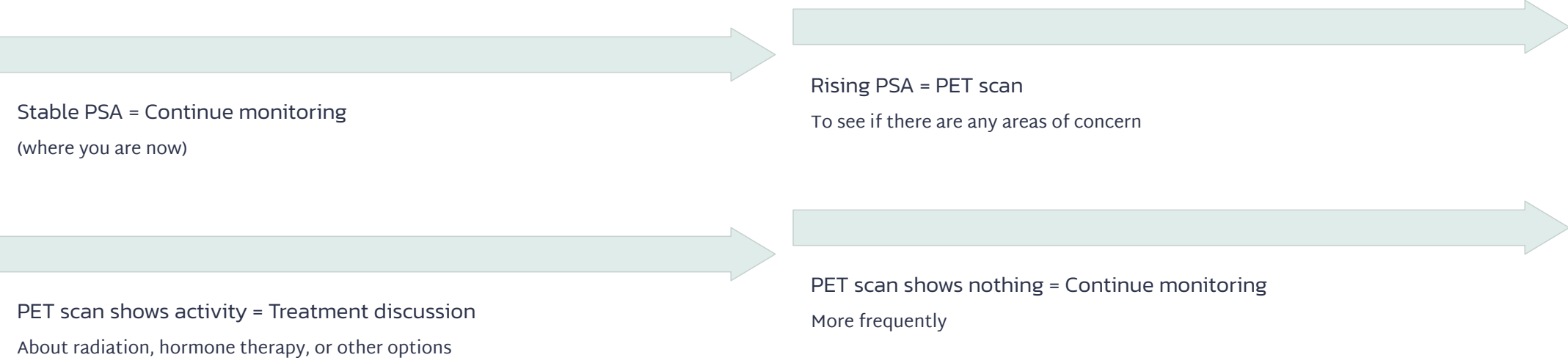
**Rate of change**  
A slow, stable trend is good; a rapid rise would signal the need for imaging



**Doubling time**  
If PSA levels doubled quickly (for example, going from 0.15 to 0.30 in just a few months), that would trigger a PET scan

## How We Decide on Next Steps

Your doctor uses a very logical approach:



## Long-term Outlook

You're eight years post-surgery with stable PSA levels—this is exactly what success looks like. Many prostate cancer patients who maintain stable PSA levels in your range for this long continue to do well for many more years. The fact that your doctor is comfortable extending your visits to every six months shows his confidence in your long-term outlook.

## Living Well After Prostate Surgery

- Stay active  
Regular exercise supports overall health and wellbeing
- Don't skip your PSA tests  
Consistent monitoring is your best insurance policy
- Maintain regular check-ups  
Continue seeing Dr. Mk for your general health needs
- Live your life fully  
Your stable condition means you can focus on enjoying your life, not worrying about your health

## Resources for Learning More

- American Cancer Society's prostate cancer survivor resources
- Prostate Cancer Foundation patient education materials
- Support groups for prostate cancer survivors (ask Dr. Saram's office for local recommendations)

**Next Appointment**  
**When:** Six months (May 2026)  
**Purpose:** Check your PSA level to confirm continued stability and compare to today's result of 0.18. As long as it remains stable, you'll continue with the same monitoring schedule.

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