

VISIT OVERVIEW

Prostate Health Monitoring with Dr. Saram



Your Current Status: Your prostate health continues to look excellent eight years after surgery, with stable test results that show no cause for concern.

KEY NUMBERS & WHAT THEY MEAN

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Your Latest PSA

0.18

November 2025

Previous: 0.15 and 0.13

Reference Range

0.2 - Closer attention

2.0 - Significant concern

Your Trend

Stable & Safe

Consistently 0.13-0.18 range

8 years post-surgery

What is PSA (Prostate-Specific Antigen)?

PSA is like a smoke detector for prostate health. Your levels have stayed consistently in a narrow, safe range just above 0.1, which is exactly what we want to see eight years after prostate surgery. The test you're using (called "ultrasensitive PSA") can detect very tiny amounts—it's one decimal point more precise than regular PSA tests.

Visual Context: Where You Stand

● Safe Zone: 0.0-0.2

Your current status (0.18)

● Watch Zone: 0.2-2.0

Regular monitoring, possible additional testing

● Concern Zone: Above 2.0

Requires intervention discussion

Trend Over Time

Your PSA has been remarkably stable, hovering in the 0.13-0.18 range over your recent visits. This stability eight years post-surgery is excellent news. Dr. Saram emphasized that he's watching the **"rate of change"** more than the specific number. Since your PSA is not rising quickly and remains well below concerning levels, this shows your body continues to do well after surgery.

☐ Why the Ultrasensitive Test

You've been getting an "ultrasensitive PSA" test, which measures one decimal point more precisely than regular PSA tests. Once you start using this more precise test, doctors need to keep using it to compare "apples to apples." This extra precision helps catch any changes early, though Dr. Saram noted that a regular PSA test would likely show the same reassuring results.

WHAT YOUR DOCTOR SAID

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Assessment

Dr. Saram is very pleased with your progress. Eight years after your prostate surgery, your PSA levels are stable and not showing any concerning upward movement. You're in a **"watch and wait"** phase where regular monitoring is the right approach—no treatment needed.

"Just above 0.1 but not moving quickly"

Your PSA has stayed in a narrow, safe range without rapid increases. The stability is exactly what doctors want to see after prostate surgery.

"You're by no means in an area where we're concerned about"

Your numbers place you solidly in the safe zone. The level where doctors start paying closer attention is 0.2, and you mentioned 2.0 as the threshold for significant concern—you're nowhere near either.

"I'm good with just doing nothing right now"

This is excellent news. No additional tests, scans, radiation, or hormone therapy are needed. Continuing your current monitoring schedule is the perfect plan.

Medical term explained: "Biochemical recurrence" (not mentioned directly but relevant) means PSA levels rising to 0.2 or higher, which could signal prostate issues returning. You're not there, and your stable trend is reassuring.

What This Means for You

You're experiencing exactly what successful long-term prostate surgery recovery looks like. Your body has healed well, and there are no signs of problems. The monitoring plan is precautionary and appropriate for someone in your excellent position.

Questions Your Doctor Answered

- Testing frequency:** You discussed moving from every four months to every six months between PSA checks—this longer interval reflects how stable and reassuring your results are.
- When would you need a PET scan?** Only if there's a rapid rise in PSA or if values jump significantly. At your current levels, a PET scan wouldn't show anything useful, so it's not needed.
- What is Dr. Saram watching for?** The rate of change matters most. Slow, stable numbers are great. Rapid increases would trigger additional investigation.

Why This Matters

Eight years post-surgery with stable PSA levels means you've successfully navigated the critical monitoring period. Many prostate surgery patients would be thrilled to have your results at this stage.

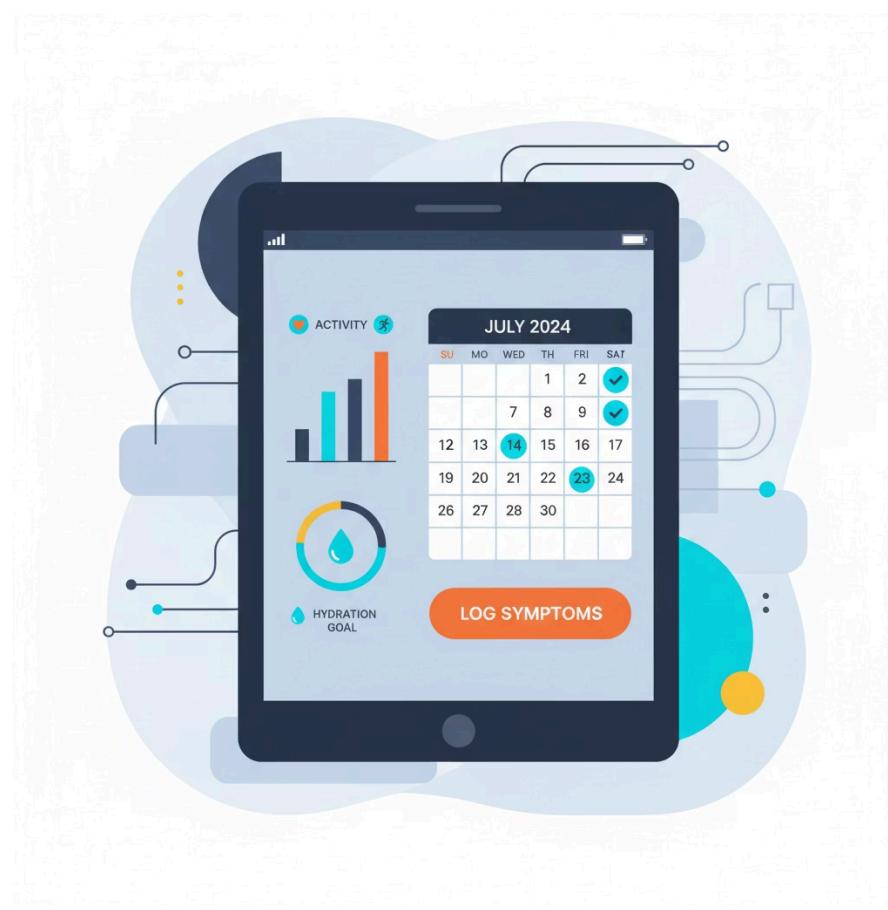
YOUR TREATMENT PLAN

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Current Approach

Watchful Monitoring

Continue regular PSA testing without any active treatment. This is the gold standard for patients in your excellent position.



No Medications Needed

You're not on any prostate-specific medications, and none are recommended. This is very good news—it means your body is managing well on its own.

Lifestyle Recommendations

No specific lifestyle changes were discussed during this visit, which indicates you're doing well with your current habits and routines.

Follow-up Testing

TEST DETAILS	
PSA Test (Ultrasensitive)	
When: Six months from now (approximately May 2026)	
What it is: A blood test that measures prostate-specific antigen, a protein produced by prostate tissue	
Where: You'll receive a lab order from Dr. Saram's office	
Why: To continue tracking your PSA stability and ensure levels remain in the safe range	

What Happens Next

Your next PSA test will be compared to today's 0.18 result. If it remains stable or decreases slightly, you'll continue this same monitoring schedule. If there's a significant increase, Dr. Saram would then consider ordering a PET scan to investigate further. However, based on your eight-year trend, stability is the most likely outcome.

Tests NOT Needed Right Now

- PET Scan:** Not indicated at your current PSA levels—would only be considered if values rise rapidly or jump significantly
- Radiation therapy:** Not needed—your stable results don't suggest prostate issues requiring treatment
- Hormone therapy:** Not needed—reserved for more advanced situations

Continue Current Plan

The fact that Dr. Saram is extending your testing interval from four months to six months is excellent news. It shows confidence in your stability and reduces the frequency of monitoring because your results have been so consistently reassuring.

WHAT TO WATCH FOR

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Normal Status to Expect

As someone eight years post-prostate surgery with stable PSA levels, you should continue feeling healthy with no specific symptoms related to your prostate monitoring. The lack of symptoms combined with stable test results is exactly what we want.

Warning Signs – When to Call Your Doctor

Call Dr. Saram's Office if:

- You notice any unusual urinary symptoms (significant changes in frequency, blood in urine, new difficulty urinating)
- You develop bone pain or persistent back pain (unlikely but important to report)
- You have any new symptoms that concern you related to your prostate health

Mention at Your Next Appointment:

- Minor urinary changes that aren't alarming but you've noticed
- Questions about your monitoring plan
- Any general health updates that might be relevant

Questions to Ask Yourself

- Am I experiencing any new or changing urinary symptoms?
- Have I completed the lab work Dr. Merck ordered? (You mentioned needing to get those labs done)
- Do I have questions about my PSA results that I want to clarify?

Self-Monitoring Framework

You don't need to do anything special between now and your next PSA test. Live your normal life, maintain your usual routines, and simply show up for your blood test in six months. The beauty of your current status is that it requires minimal active management.

Who to Contact

- **Dr. Saram's Office:** Schedule your six-month follow-up appointment and PSA test
- **Dr. Merck:** Complete those pending lab orders you mentioned
- **After-Hours:** If you have urgent concerns, contact your primary care physician or Dr. Saram's after-hours service

YOUR ACTION CHECKLIST

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Your To-Do List

Action	Your Responsibility	Timeline	Status
Schedule 6-month follow-up with Dr. Saram	Patient	For May 2026	<input type="radio"/> Not Started
Get PSA lab order from office	Office will provide	Before leaving appointment	<input checked="" type="checkbox"/> Completed
Complete PSA blood test	Patient	1-2 weeks before May 2026 appointment	<input type="radio"/> Pending
Complete lab work ordered by Dr. Merck	Patient	As soon as possible (already overdue)	<input type="radio"/> Delayed
Schedule follow-up with Dr. Merck	Patient	After completing lab work, spring 2026	<input type="radio"/> Pending

Priority Actions (This Week)

01	Call Dr. Saram's office Schedule your May 2026 appointment—getting on the calendar now ensures you get a convenient time slot	02	Complete Dr. Merck's lab work You mentioned these orders are weeks overdue, so prioritize getting this done	03	Mark your calendar For your PSA test appointment in May 2026
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Before Your Next Visit (May 2026)

- Complete your PSA blood test 1-2 weeks before the appointment so results are available when you meet with Dr. Saram
- Bring any questions that come up over the next six months
- Note any health changes or new medications you start in the interim

Questions to Bring to Next Appointment

- Should we continue with ultrasensitive PSA testing, or would regular PSA testing be sufficient going forward?
- At what point might we extend monitoring to annual instead of every six months?
- Are there any lifestyle factors that could help maintain my stable PSA levels?

Coordination with Other Providers

Dr. Saram mentioned that your PSA results should be shared with Dr. Merck. The office will likely handle this, but you can confirm this happens when you schedule your appointments.

UNDERSTANDING YOUR CONDITION

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Why This Monitoring Matters

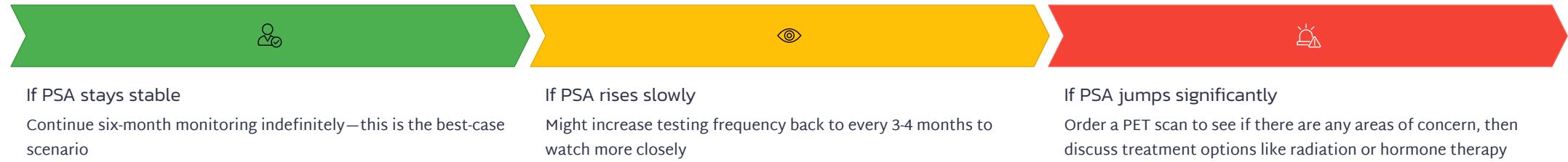
After prostate surgery, PSA levels should drop to very low or undetectable levels because the prostate gland (which produces PSA) has been removed. However, sometimes tiny amounts of PSA remain, produced by microscopic prostate tissue that wasn't removed during surgery. Regular PSA testing helps doctors make sure these levels stay stable and don't start climbing, which could indicate prostate issues returning.

What We're Watching For

- **Stability vs. Change:** Your PSA staying in the same range (0.13-0.18) over months and years is excellent. Dr. Saram cares most about the "rate of change"—rapid increases would be concerning, while your slow, stable pattern is reassuring.
- **Threshold Levels:** At 0.2, doctors start paying closer attention. At 2.0, significant concern begins and intervention discussions happen. You're at 0.18, comfortably below the first threshold.
- **Trend Analysis:** By testing every six months and comparing results over time, Dr. Saram can spot any meaningful changes early, long before they'd cause symptoms or problems.

How We Decide on Next Steps

Your monitoring plan is based on a "watch and wait" strategy that's perfect for someone in your position:



Long-term Outlook

Eight years post-surgery with stable PSA levels is very reassuring. Many patients who will experience biochemical recurrence (PSA rising to concerning levels) do so within the first 3-5 years after surgery. The fact that you're at year eight with excellent stability suggests you're doing extremely well. Your long-term outlook is positive, and this monitoring plan helps ensure any changes would be caught very early.

What Success Looks Like

For someone in your situation, success means exactly what you're experiencing: stable, low PSA levels year after year, no symptoms, no need for additional treatment, and gradually extending the time between monitoring appointments. **You're living the success story.**

Living Well Post-Prostate Surgery

Your visit suggests you're already doing this well—you're active in your healthcare, maintaining relationships with multiple doctors, and living your normal life. The best thing you can do is continue exactly what you're doing: stay engaged with your monitoring appointments, report any concerning symptoms promptly, and otherwise live without worry about your prostate health.

Resources for Learning More

- **Prostate Cancer Foundation** (pcf.org) - Evidence-based information about PSA monitoring and post-surgical care
- **American Urological Association** - Patient education materials about PSA testing
- **Your care team** - Dr. Saram and Dr. Merck are clearly both knowledgeable resources you trust

Next Appointment

When

May 2026

Six months from now

Purpose

Review your PSA test results, compare to current 0.18 level, and confirm continued stability

What to Bring

Any questions that arise over the next six months, list of any new medications or health changes

Bottom Line

You're doing great. Your eight-year post-surgery results are exactly what doctors hope to see—stable, safe PSA levels with no need for treatment. Keep up with your monitoring appointments, and continue living your healthy, active life.