

Prostate Cancer, Day 5,410 – PSA Test

Based on his PSA tracking spreadsheet, prostate cancer blogger Dan Zeller predicts a slight uptick but nothing urgent.

September 15, 2025 By [Dan Zeller](#)

I went for my PSA blood draw this morning on the day after our Labor Day holiday weekend. I thought the clinic might be packed, but I was pleasantly surprised. It took 9 minutes from checking in at the kiosk to walking out the door.

I'm guessing that I should be able to access my results online on Friday or Saturday. The trend function on my PSA tracking spreadsheet suggests that my PSA will increase from 0.95 ng/mL back in March to 1.09 ng/mL today. We'll see if the actual results are anywhere close.

You may recall that my last urologist appointment was on 1 April 2025, and we scheduled the six-month follow-up on 30 September. A few weeks ago, the VA canceled that September appointment and the earliest re-schedule slot was on 30 December. I haven't called to squeal about that yet because I wanted to see what the results of the PSA test are first.

If the results go from 0.95 ng/mL to 1.0 or so—even the quasi predicted 1.09 ng/mL—it doesn't seem that urgent and I'll just email the urologist and have a discussion as to next steps from there. I'll also look at any changes in PSA doubling time to help determine urgency. But if the results really jump substantially, e.g., 1.4, 1.6, 2.0, etc., then I'll work to get that 30 December appointment moved up to a much earlier date.

I suspect another PSMA PET (or other) scan may be in my future to see if we can finally determine what's going on inside of me.

Stay tuned for the results later in the week.

Be well and enjoy this moment of Zen.

[This post](#) originally appeared September 2, 2025, on [Dan's Journey Through Prostate Cancer](#). It is republished with permission.
