

Physical Exam and Lab Checklist:

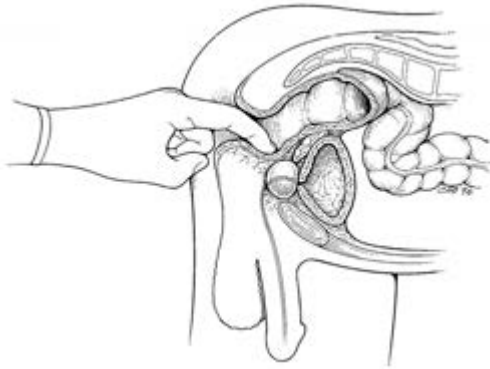
Before starting treatment:

Labs:

- * Testosterone (Total and Free)
- * DHEA-S
- * **Estradiol and Estrone (very important in men with abdominal obesity)**
- * PSA (prostate specific antigen)
- * Hemoglobin
- * Hematocrit
- * Lipids
- * Cholesterol
- * CBC
- * LH

Exam:

- * DRE (digital rectal exam)



During this examination, a doctor inserts a gloved, lubricated finger into the patient's rectum to feel for any irregular or abnormally firm area that might be a sign of cancer. The prostate gland is located next to the rectum, and most cancers begin in the part of the gland that can be reached by a rectal exam. While it is uncomfortable, the exam causes no pain and only takes a short time.

After starting treatment:

Testosterone/Estradiol

- * 1 month
- * 3 months
- * 6 months
- then 2-4 times a year

PSA (>50 years old):

- * 3 months
- * 6 months
- then every 6 months

PSA (< 50 years old, low risk)

- * every 12 months

Hemoglobin/hematocrit:

- * 3 months
- * 6 months
- then 1-2 times a year

Lipids:

- * every 12 months