



*We Help Veterans & Families  
Find More Peace in Their Life*

**Prostate Cancer 102**  
**March 2021**  
(Second in a monthly series)

I was stunned when I heard my diagnosis, and fear set in deeply. The fear of the unknown. Will this kill me? Can I survive? What are possible treatments available? Our minds are our own worst enemies, and mine took off like a rocket. I've since learned that prostate cancer is one of the most treatable cancers. If you've been diagnosed with prostate cancer, call me, I can likely remove some of your fears. My number is 720-600-0860. I would love to talk to you.

If your family has a prostate cancer history, my advice is to create a monitoring plan for yourself. Since I turned 50, I've gotten PSA tests every year because my father and a brother both had it.

If you are over 50 and have any family history of prostate cancer, and are experiencing some **ED issues**, get your PSA checked. Next month I will share the PSA numbers to be aware of, according to my team of doctors. Had I connected some ED issues back in 2016 to my PSA numbers increase, I may have avoided the aggressive treatments I am going through in 2021. My point is a man's PSA numbers are not the only indicator of prostate cancer. It would benefit a person to look at a larger picture, including any ED.

The biopsy for prostate cancer is uncomfortable. There is some manageable pain during the procedure, and then some pains linger for a week or two. I dealt with the pain by remaining focused on the big picture; yes, this hurts now, but thank God there are options for me that did not exist 50 years ago. These procedures and some pain can save my life.

Once diagnosed, my doctor directed me to get a chest x-ray, bone scan, and CT scan. None of these include any pain, but the dye used in the CT scan got me close to being sick, but only for 5 minutes. Scheduling these to completion took about three weeks, which was nerve-racking because I want to know the answers now! Patience paid off in the long run. My urologist obtained all the data he needed, so our conversation was complete with the information he needed to advise us.

Next month will be Prostate Cancer 103

- The Treatment Plan
- Side effects of the treatments
- Radiation CT scans
- The mental side of treatment
- After radiation

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