

307. Radiation Vacation: Data Leads To Dattoli

My Prostate Treatment History

August 2010 Routine physical indicated that total PSA had increased from 3.8 to 6.36 in past year and it was recommended that I consult an urologist.

September 2010 Visited urologist at Urology Group who performed a DRE and recommended a biopsy which was subsequently performed 9/22/10. Results of 14 core biopsies indicated 7 of 10 cores positive with 5 cores involving of 15% to 20% of the tissue and 2 cores in right apex involving 75% of the tissue. All cores had a Gleason score 6 (3+3) and no extra-prostatic extension. A subsequent meeting several days later with physician who performed biopsies was **less** than informative, asking if I had any questions (which at that point I did not have enough knowledge to know what to ask). He provided little information other than to say that he did not believe the cancer had spread outside the prostate and said there would be no problem waiting until after I returned from vacation in January. He did recommend that I have treatment and said he would set up appointment for me with surgeon and brachytherapy physician in their group if I desired since he did not personally do these treatments.

Oct –Nov 2010 Since I was very dissatisfied with the information I received from the physician who performed the biopsies I started to do extensive

research on the subject of prostate cancer, starting with the internet. I typically spent 20 to 30 hours per week researching, reading books and talking to various acquaintances and institutions to gain additional information. I found literature from Us TOO and the Prostate Cancer Foundation very helpful. My research led me to the conclusion that it was up to me to determine what course of treatment was best for me.

Unfortunately, I had never been provided a copy of my pathology report, which after several requests I was able to obtain which was very helpful going forward. My research also led me to several books on the subject including *Invasion of the Prostate Snatchers*, which I found very enlightening and helpful. My research also led me to Wellness Community in Blue Ash and I started attending the Man-to-Man, which proved extremely valuable and probably the most beneficial in making my decision on how best to treat my PC. I determined early on that I did not want to have a Prostatectomy and narrowed my research to Active Surveillance, Brachytherapy, Radiation Therapy, or some combination of these. I researched in detail Proton Therapy, ProstRcision, and the treatment offered at The Dattoli Cancer Center.

December 2010 I committed myself to making a decision by year-end and prior to leaving for five weeks in Mexico. During this period I provided my Pathology Report and talked personally with personnel at the Midwest Proton Radio Therapy Institute in Bloomington, IN., RC Cancer Center in Decatur, GA., and the Dattoli Cancer Center in Sarasota, FL. I also talked to PC patients who received treatment at these facilities. After distilling all the information I received I determined that my best chance for a successful treatment of PC with the fewest potential debilitating side effects could be obtained at the Dattoli Cancer Center and scheduled an appointment for mid February. The reasons I selected the Dattoli Cancer Center include:

- The extensive medical tests and work up that is performed prior to the start of treatment, using the most up to date techniques including 3D color flow Doppler ultrasound to identify sites of suspected tumor growth.
- The use of the most advanced radiation therapy technology available Dynamic Adaptive Radiotherapy (DART). DART offer an increased level of precision where micro-beams are literally striking targets the size of dots which reduces the risk of damage to the bowel or bladder by targeting them at precise predetermined locations. Furthermore this technology is used to insure that any movement will causes the location of the micro-beams to be adjusted in milliseconds and insure that the right dose is being delivered at exactly the right moment.

- The long term proven results for brachytherapy, typically, greater than a 90% long term (16 years or longer) survival rate and improved quality of life after treatment with far less incidence of erectile dysfunction and the fact that incontinence is virtually unheard of after brachytherapy.
- The level of experience available at Dattoli Cancer Center. Dr. Dattoli has more experience in brachytherapy and Dynamic Adaptive Radiotherapy than any other radiation oncologist in the world and Dr. Soracy has been a leader in research and development for over two decades. Both doctors are widely published and are frequent lecturers at major PC conferences. I wanted the best talent available.

February 2011 Prior to departing for Dattoli I did the following:

- Forwarded my biopsy slides to Dattoli's pathologist for a second review.
- Had a new EKG by my primary care physician and sent to Dattoli.
- Sent copies of recent colonoscopy to Dattoli
- Had a whole body bone scan requested by Dattoli performed at local hospital and results sent to them.
- Had Dattoli specified detailed blood work done at local hospital and results sent to them.

February 21, 2011 Arrived in Sarasota and started extensive testing and consultation beginning with a MRI of the pelvis at Sarasota Memorial Hospital. All

additional tests including 3D color flow Doppler ultrasound were performed in their facilities. Results of the testing done at Dattoli varied, I believe, significantly, from the initial results communicated to me by the Urology Group.

Tests performed by Dattoli indicated a Gleason score of 7 (3+4) with extra-capsular extension (meaning the cancer was now outside of the prostate) versus Urology Group showing a Gleason score of 6 (3+3) and no extra-prostatic extension.

Due to the result of these tests I started on hormonal therapy to inhibit the growth and progress of the cancer and enhance the effectiveness of the DART treatments. The only side effect I have experienced from the hormonal therapy was some breast tenderness after about six weeks.

Feb 29- April 11 Received 30 DART treatments with minor side effects including increased frequency of urination and some minor stomach upset for the first couple of weeks. Generally had no loss of energy and walked 45 minutes to one hour per day.

May 16-May 19 Returned to Dattoli for pre seed testing and had seeds implanted on an outpatient basis (with overnight stay) on May 18. No additional side effects from the seeds.

Aug 15-Aug 31 I will be returning to Dattoli for follow up testing and 10 additional Dart treatments.