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309. hypogonadism roller coaster

Swelled breasts and stomach since puberty. 2003 TURP found Gleason 3+5. EBR plus five years monthly Lupron led to swelling, weight gain, and osteoporosis in both hips. May 2010 I began Testo Replacement (continuing). Most vigorous feeling since puberty. Testo built from 11 to 720. PSAs <0.1 for two years, then 0.1, 0.3, 1.4, 2.3, and 1.8 six months ago.

6 Feb 2012, Message to Dr. Chas E. "Snuffy" Myers

I am 76 years old. I began testosterone replacement therapy, Testim 50MG (1 tube/day), May 2010, because my testosterone was 50ng/dL June 2009, 22ng/dL Feb. 2010, 11ng/dL May 2010. I had monthly Lupron treatments (7.5ml) for prostate cancer 4/2003-3/2005 and 6/2006-5/2008. During these two periods, my PSA was less than 0.1ng/mL. From Feb. or March 2006 to May 2006, my PSA doubled or more than doubled after being less than 0.1ng/mL since 5/2008, but it was still a small number. I changed from an oncologist to a urologist June 2009, and that was the first time anyone had my testosterone tested. My PSA since June 2009 has been: June & Oct. 2009 and Feb. and May 2010 less than 0.1ng/mL; Aug. 2010 0.1ng/mL; Sept. 2010 0.30ng/mL; Dec. 2010 1.4ng/mL; Mar. 2011 2.3ng/mL; Sept. 2011 1.8ng/mL. My testosterone while taking Testim was 292.7ng/dL Mar. 2011. The urologist increased Testim dosage to two tubes/day. My testosterone Aug. 4, 2011 1467ng/dL. The urologist decreased Testim dosage back to one tube/day. My testosterone Aug. 18, 2011 720ng/dL. I also had external beam radiation therapy April through June 2003 (7weeks, 5 days a week, with one week skipped before the seventh week).

My next urologist appointment is Mar 2012, when it will be one year since my last digital rectal exam. My urologist is not concerned about my PSA, because he thinks my cancer has been cured, though he said it could come back. He does not believe in the merits of Color Doppler. He said my chance of breaking a hip is much greater than my chance of dying from prostate cancer. Johns Hopkins health alerts indicate that there is a 20% death rate from a broken hip the first year, the death rate is worse at 5 years, and 60% of broken hip patients never fully recover to be able to do a lot of normal tasks.

The oncologist did not send me for a DXA scan until Sept.2006. It disclosed osteopenia of left and right hips, and left and right femoral necks showed osteoporosis. Actonel was prescribed. The oncologist did not treat my hot flashes or hip pain.

I consented to the trt because: my weight had increased from 185 lb. in 2003 to 210 lb by 2008 although I ran 3-4 miles/day, 6 or 7 days a week and lifted weights several times a week. I was afraid my heart disease might return. I was afraid I might break a hip. DXA scan June 2009 showed little improvement though I was prescribed Actonel. My breasts and my pot belly became even larger. The rest of my body is lean with muscle tone.

Angioplasty and 2 stents Dec. 2000. Pacemaker installed Mar. 2003 because my heart skipped beats and beat too slowly, and I might not survive survive a TURP operation Mar. 2003 for BPH that discovered prostate cancer. I also had memory loss and had difficulty speaking my thoughts because I could not remember the right words to use. My wife broke her hip (left femoral bone) in 2007 and has not recovered. She must use a walker and cannot perform normal household tasks. I have to be there to help her. After seeing what happened to her, I definitely do not want to break my hip. Her failure to be able to do normal activity has caused other health problems: large gain in weight, high blood pressure, trouble breathing, personality changes, depression, claustrophobia, anxiety and panic attacks.

The urologist sent me June 2009 to a bone specialist (endocrinologist) who prescribed calcium, Calcitriol, vitamin D-3, vitamin C and Reclast IV, because I was deficient in calcium and vitamin D, and my osteoporosis/osteopenia had not improved. . On June 27, 2011, the endocrinologist said my vitamin D level was 46ng, calcium was normal, and a DXA scan showed my chance of breaking a hip decreased up to 74%.

Since Jan. 2010, I have been able to decrease my weight from 206 lb to 179 lb (now 182 lb). The belly and swelled breasts are now somewhat smaller, like they were since puberty when my breasts and belly swelled and I never felt strong or full of energy. The testosterone enabled me to lift a lot more weight, from 95 lb. bench press formerly

to 145 lb. I can now do up to 320 lb. on the leg press machines. I can now routinely do 8-10 pull-ups (max 14). At age 21 in U.S. Army basic training, I could do only 2, maybe three pull-ups at most, no matter how hard I tried. I now follow a lot of your diet recommendations.

March 2003 pathology found prostate cancer in 10% of 100 samples from a TURP in March 2003 for BPH. A urologist informed me it was early stage cancer. The oncologist said my PSA was 18, and the cancer was Gleason 8 (3+5), stage T2c to T3. I had had four biopsies over about the prior 12 years. None disclosed prostate cancer. The third or fourth biopsy samples were sent to Mayo clinic for pathology. No prostate cancer was the diagnosis. No one has ever informed me that I had a nodule on my prostate. A urologist who performed my last biopsy in Nov. 2002 recommended the TURP for BPH and said my PSA was 13.

Blood work collected 6/11/2010: Glucose, Serum 92. Potassium, Serum 143. Calcium, Serum 9.8. Phosphorus, Serum 3.8. Protein, Serum 6.7.

Cholesterol, Total 116.

Triglycerides 145. HDL Cholesterol 30. VLDL Cholesterol Calc 29. LDL Cholesterol Calc 57.

LDL/HDL Ratio 1.9

I am hopeful future results might be better since I lost all that weight. In the about 2002 when I weighed about 180 lb., Triglycerides was 25 and HDL was as high as 40 or 45, but they seemed to fluctuate a lot. I try to avoid sugar, but I sometimes fail. I do not drink sugary drinks; only green tea, water and a daily protein drink made in a blender with 1 cup skim milk, a scoop of the protein powder, ten blueberries, 2 raspberries, 2 blackberries, 1 tablespoon of raisins, which yields about 4 cups of thick protein drink.

For my cholesterol I take Gemfibrozil and Crestor.

I have watched your weekly videos and read your monthly reports during the past few months, and have concluded I may need to receive treatment from you. The problem is my wife's condition may preclude my getting treatment out of town.

My questions are: Is an office visit with you once a year sufficient?
Can my family physician monitor me on your Treatment Plan, or do I need a local urologist or oncologist to do this? I doubt that my current local urologist would agree to this and do not know of any other local urologist or oncologist willing to do this.