

I was once a very regular poster. Seedpods and fellow Seedpodders helped keep me sane. But I drifted away over the years and now limit myself to an update every five years. I've gone from thinking about PCa almost every waking moment to rarely thinking about it at all. That's one reason my ten-year update is a couple of years late.

Here are my stats. All nice and neat and abstract now, but, as you can imagine, pretty nerve wracking when going through it, especially when my urologist decided my treatment had probably failed and I should start looking into salvage surgery.

Biopsy Dec. 1998. Age 53. PSA 5.1, GS 3+3, 5 of 6 sticks positive. T1c. Seed Implants only (pd103) March 1999 at Yale/New Haven Hospital.

#### Post treatment PSA History:

6 months.....	2.1
6.5 months.....	1.8
11 months.....	2.5
11.5 months.....	2.6
16 months.....	3.8

Bone Scan, CT scan, Prostatecint, and Endorectal MRI seem to rule out metastasis but not conclusively.

17.5 months....	4.3
19 .....	4.5
20.....	5.1
21.5 .....	4.2
25.5 .....	2.5
30 .....	1.7
42 .....	1.3
4.5 years.....	0.6
4.7.....	0.2
5.25.....	0.2
6.25.....	0.23

It stayed about 2 something for a few more years and then drifted down to 0.16 and now, 12 years later, it continues to hover around there. My urologist (a new one, not the one who said he thought my treatment had failed) says he doesn't need to see me any more. Just have my PSA tested as part of my annual physical.

Side Effects: No erectile dysfunction, though as I approach 65 it's not quite what it used to be. However, half a Viagra and my fantastic girlfriend gets it as erect as it was in my teens. No incontinence except what my uro calls "keyhole incontinence" where I can be fine all day until I get home and think maybe I'll go to the bathroom when I get inside, then bang! Once I have that thought I become desperate to get to the toilet and don't always make it. I've had this almost from the beginning. I don't think it's gotten better or worse.

The only things different about me now versus before: I got prostate Cancer, and (1) the volume of my ejaculate is greatly reduced; (2) occasional keyhole incontinence; and (3) unlike most guys my age, I don't have to worry about getting prostate cancer! Other than that, it's as if I never had it. But I want to share my story to reassure you that, for most of you, life can return to normal.