

Age : 59

Physical: "Strong Like Bull"

Mental: Been queried many times

PSA: What's That?.

I have a very good friend, the same age as myself and annually we would sit down and compare notes and pat each other on the back. What great shape we were in and how lucky our wives were to have such wonderful specimens as partners.

Of course, for the last 5 years he had also been asking me if I had had my PSA checked when I had my last physical. I was as healthy as a horse, why would I bother asking the doctor for something I knew nothing about and he obviously wasn't concerned, because he hadn't talked to me about this PSA THING!.

However, I was beginning to get tired of this constant badgering about PSA, so before our next get together, I decided to ask the Doc. for this test, just to show my friend that the Doctor confirmed I was "Strong Like Bull".

What a simple part of the check up it was, but one , which backed up by the results of a biopsy, confirmed that in fact I had PROSTATE CANCER. You could have knocked me over with a feather!.

The next few weeks I spent every minute I could reading about Prostate Cancer. I'd always had a good diet and always kept in good shape, but surely there must be something else I could do to help myself before my surgery. I ate everything that was recommended, that I wasn't currently eating. I'm not sure what I was expecting at this stage.

I met with my Doctors to discuss what surgery best suited my case and ended up having Cryosurgery. The operation was successful, the recovery period was quite quick and I was back to hitting that silly little white ball within three months.

It has been three years now, all my check ups point to the fact that everything is as it should be and I'm back to doing my Step Aerobics every week. In fact, I'm back to being "Strong Like Bull".

I'm blessed to have a friend who pestered me enough to get a PSA.

If you need a friend to pester you and tell you the same as my friend told me.

CALL ME

P.S. The Prostate Cancer Institute is self sustaining and needs all the funds it can get. I sit on a committee which promotes our annual golf tournament , an important source of funding and a fun day of fellowship with many other Prostate Cancer Survivors. Why not join us to help promote this great event, or just come out and have a day of fun.

If you can't make the golf, then volunteer for a few hours a week at the Institute. It's a part of what helped us become a survivor and a way of sharing our story and knowledge of Prostate Cancer

Gareth M