

In October 2018, at age 62, I was diagnosed with prostate cancer. My PSA was stable at 1.6 over 10 years (2006 - 2016). In 2017 it went up to 2.5 and in 2018 to 3.2. My urologist recommended an MRI followed by a targeted biopsy. From the 12 regular biopsy cores 11 showed no sign of cancer and one came back at Gleason 7 (3+4), from the targeted area 2 of 5 cores were also at 7 (3+4). My urologist said that a prostatectomy is the treatment with the highest chance of beating the cancer. I agreed and the surgery was scheduled for February 5, 2019. I joined two UsToo support groups and educated myself more about prostate cancer. 1 week before the scheduled surgery I decided to postpone the surgery for 6 months and go on active surveillance instead. After getting 4 more opinions (2 urologists, oncologist and a naturopathic physician) and more investigations I could not see myself undergoing surgery with all the side effects. In April 2019, I found out about a non-invasive procedure offered as a clinical trial at the Mayo Clinic in Rochester, MN, MRI guided focal laser or cryo ablation. Two weeks later, I was invited for more checkups to see if I was a candidate for that trial, and another week later on May 15, 2019, I had the MRI guided focal cryo ablation. I spent one night in the hospital, 2 days with a catheter, no pain, no side effects at all. The cryo ablation killed about 30% of my prostate and the expected PSA after treatment was 1.1. It actually is at exactly that number and stable since then. I have a PSA test every 3 months and an MRI every 6 months until I reach the 2-year mark.

At the 2-year mark (May 2021) my PSA is at 0.95 and the MRI demonstrates no evidence of recurrent/residual disease. Future tests are every 6 months for PSA and 12 months for MRI.

I am very happy that I did not let my urologist rush me into surgery and that I do not have to deal with any side effects.

If anyone has questions about my story, please feel free to contact me at hje1956r@gmail.com.