Day 4,273 — Fatigue Fatigue?

Hormone therapy + salvage radiation therapy to treat prostate cancer + interrupted sleep at night = low energy and long naps.

August 2, 2022 By Dan Zeller

Okay. If this keeps up or gets worse, the fun will definitely be over. <sarcasm font>

Friday's zapping session went amazingly well. From the time I closed my garage door, drove to the facility, got zapped, drove home, and opened the garage door it was 27 minutes. Total. We're in the groove.

The kicker came in the afternoon.

My energy level just dropped to near zero and I went into a Rip van Winkle-like sleep for the whole afternoon. Not good. Even after the long nap, I was still pretty lethargic in the evening.

This morning (Saturday) was a different story. I was pretty energetic and worked on organizing my home office up until about noon. But about an hour into it, my energy level hit a brick wall and I was horizontal on the sofa again for a nap that lasted about ninety minutes.

The nap gave me a second wind of energy, but just a few short hours later around 6:30 p.m., I was dragging anchor again. (I'm powering through it right now as I write this so I'm not up all night because I napped this evening.)

I'm sure it's a combination of the hormone therapy (started twelve weeks ago), the radiation, and the fact that I'm running to the toilet two to four times a night that's causing all this. I've even started going to bed about two hours earlier than normal to try and make up for the sleep deficit through the night.

So, yes, I'm fatigued by the fatigue. I won't say it's incapacitating because I have pushed myself through a few low-energy sessions, but it is having an impact on my routine. I can only imagine what it will be like in three to five weeks if it keeps up like this. Sheesh! But, on the positive side: No hot flashes!

Monday's session will be the one-third mark for the treatment. I guess that's something to celebrate.

Be well!

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