Day 4,308 – What a Difference

I'm enjoying a burst of energy after completing radiation therapy for prostate cancer.

September 13, 2022 By Dan Zeller

What a difference a day makes!

I don't know whether it's the adrenalin rush of having finished my radiation therapy still lingering, or it's something else, but I've had more energy today than I've had in several weeks. And I'm not complaining!

Don't get me wrong, I'm still firing on about six cylinders at best, but it's 5 p.m. and I've been up since about 7 a.m. and haven't had the need for a nap or rest period yet today.

I have to wonder if it was subconscious stress that was doing me in the last few weeks of treatments. I would get overly obsessive about the bladder filling routine, and particularly frustrated if things didn't go quite to plan—especially when I came up short and had to delay. I felt as though I wasn't holding up my end of the bargain and that would add stress. (Just an uneducated arm-chair psychologist's theory.)

Speaking of bladders, without the 1.5 to 2 liters of water I would be drinking every morning, my trips to the toilet have been far fewer today, and only three trips last night. That's another positive sign.

I'm sure there may be setbacks, but let's hope this trend continues. I'm so ready to get back into a more normal routine. Besides, the dust bunnies in my house have turned into dust elephants over the last few weeks because of my fatigue, and I need to go on a deep cleaning safari. That, or buy them some peanuts, say they're my pets, and call it a day.

My day has been great. I hope yours has, too!

This post originally appeared on Dan's Journey Through Prostate Cancer on August 27, 2022. It is republished with permission.

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