Day 4,332 – Urologist Visit

After salvage radiation therapy for my prostate cancer, I visit the urologist.

October 4, 2022 By Dan Zeller

Today's visit with the urologist went about as expected—just a routine review of the salvage radiation therapy, its after-effects, and what's next.

He was pleased with the drop in my PSA (prostate-specific antigen) and thought that it may drop even further given how soon after the test was taken after the completion of the radiation. He stressed that we'll have to establish a nadir in the next year to get a true starting point to determine the effectiveness of the radiation. He was okay with doing another PSA test in November in advance of my radiation oncologist follow-up visit.

Regarding my urinary frequency and urgency, he said I was pretty much where I should be after the radiation, and that it could take up to six months for things to truly calm down. I mentioned that the radiation oncologist put me on tamsulosin / Flowmax, and that it seemed to help a little with my frequency issues.

But I also told him that I stopped taking the tamsulosin over the weekend because my incontinence was up while I was on it and I just wanted to see what it's like without it. So far, so good.

I did talk about my back and rib pain and once again asked if it could be related to the Eligard. Once again, he thought it was highly unlikely. He also ruled out the possibility that it could be metastases given where my PSA level is at. He did do a bit of a hands-on physical exam to rule out kidney stones (been there, done that, this is not kidney stones). He also made the comment, "Hey, I do plumbing"—I cracked up—and he was glad that I'll be speaking with my primary care physician about it next week.

He didn't want to put me on any additional medications for the urinary issues because of side effects that they may have, and we never explicitly spoke about whether to continue the hormone therapy or not. We did, though, talk about this first six-month dose wearing off in the next few months, so it wasn't as though the topic was completely ignored.

Going forward, I'll get another PSA test sometime in November; have my follow-up with the radiation oncologist shortly after (yet to be scheduled); and follow-up with urology on 13 December 2022. (I did avoid a 3:30 p.m. appointment like today because traffic sucked driving home.)

Be well.

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