Month 103 — Regaining Focus

Cancer has been the furthest thing from my mind pretty much the entire month.

June 11, 2019 By Dan Zeller

Last month I talked about turning a corner in my outlook on my current situation, and boy, I must have fish-tailed around that corner—fast—because cancer has been the furthest thing from my mind pretty much the entire month. Work had a lot to do with that, too.

I'm the volunteer manager for a nonprofit, and we had one weekend last month with five events going on all on the same day at five different locations, and I had to provide 160 volunteers in one day to cover them all. Plus, we had three other events later in the month that needed another 80 volunteers between them. Needless to say, my attention was on getting each of those events fully staffed, and thoughts of cancer fell by the wayside. That's good.

One unintended side effect from all this is that I really haven't been keeping up on the advances in the imaging technologies and latest research on treatment of recurrent prostate cancer like I once did. It's actually been a refreshing break, but I want to get back into researching again so that I have the most current information available when I go for my next PSA test in October.

The cool thing this time around, though, is that I'll be doing this research from the perspective of educating myself at a leisurely pace rather than one of being constantly glued to cancer websites in sheer panic because my PSA was rising. That's turning a corner.

My next post on 4 July 2019 should be a little more substantial. It will be my semi-annual Life After Radical Prostatectomy: 102 Months Later post with more detailed updates about how I'm doing eight and a half years after the surgery.

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