# Month 124—Prostate Cancer a Chronic Illness?

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March 25, 2021 By Dan Zeller

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It's tough to come up with a decent prostate cancer-related topic for this month. I guess when things are going relatively well, that's a good thing.

I've gotten to the point where I think of this more as a chronic illness like arthritis than I do a potentially life-ending cancer. Last month's bump up in my surprise PSA test hasn't fazed me at all. It is what it is. Move on. Maybe that's a mistake.

I will say, though, that I've probably packed on a couple of pandemic pounds over the last twelve months of quarantine and work from home and, when that happens, I tend to see a slight uptick in minor incontinence episodes. Nothing major. A little dribble here, a little dribble there. More a nuisance than anything. Time to get more active and shed a few of those pounds.

Speaking of getting active, I did just that after my last post. I took my first ever trip to Death Valley. I figured if I can't socially distance there, where can I socially distance? It's a remarkable place. Going in February is one of the best times to go. Temperatures were in the low 70s °F/ 20s °C during the day and around 45 °F/7° C at night. Not bad at all.

After visiting Death Valley, I drove to the Valley of Fire just about an hour northeast of Las Vegas. That was amazing as well. If you're looking for a diversion, you can check out my write-up and photos HERE. My apologies for the slow-loading photos. I uploaded the full resolution versions, but if you zoom in on any of them, the detail is incredible.

I've got King's Canyon/Sequoia and Yellowstone National Parks on the agenda for later this year barring any massive changes in the pandemic status. Once this is all lifted and international travel is allowed again, New Zealand has made it to the top of my bucket list. Fingers crossed.

That's about it for this installment.

Stay well!

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