Month 142 – Two Weeks After Salvage Radiation Therapy Ended

There's good news and there's less good news after the SRT for my prostate cancer.

September 22, 2022 By Dan Zeller

After a hectic summer, it's about time that I get back on my regular posting schedule of at least one post a month on the 11th of each month.

There's good news and there's less good news.

The good news: On the fatigue front, that's been slowly but surely abating and my energy levels are improving steadily. I still have my moments, but it's much better than it used to be. I expect that my energy levels will be back to pre-radiation therapy levels by the end of next week at the rate they're going. Also decreasing are the number of trips to the toilet during both the day and night (about 2–3 trips each night). Hopefully, there's still room for improvement there.

The less good news: The pain in my back, unfortunately, has intensified. Initially, it was a low-grade ache with occasional spikes in pain if I moved in an unexpected way. Now, it's really become a more constant and prevalent ache, and it takes even less movement to set off a spike in pain. I'm guessing that's related more to the ADT [androgen deprivation therapy, also called hormone therapy] than anything else, and I'm trying to get some answers from my medical team.

Barring any hiccups, my plan is to get my blood drawn for my first PSA [prostate-specific antigen] test during ADT and after SRT [salvage radiation therapy] on Tuesday, 13 September. It's probably premature (but that's what the urologist ordered), and I have no idea what to expect. The ADT has had four and a half months to do something to my PSA, but the SRT has had only two weeks. Anyone care to guess?

As a refresher, my PSA was 0.36 ng/ml on 18 April 2022; the ADT was administered on 3 May 2022; and SRT ran 7 July – 26 August 2022. I'll post the results as soon as I have access to them.

I have my follow-up appointment with the urologist on Tuesday, 20 September, and I just remembered that I need to call the radiation oncologist's office to get on their schedule for late November or early December.

Be well!

Header Image: Oak Creek near Sedona, Arizona

This post originally appeared on Dan’s Journey Through Prostate Cancer on September 11, 2022. It is republished with permission.

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