Month 146 — Time Marches On, Regardless of Prostate Cancer

This month, I marked a milestone birthday and celebrated with a road trip to Death Valley. Woo-hoo! [SLIDESHOW]

January 12, 2023 By Dan Zeller

This month I've managed to make it to my 65th birthday and am fully enrolled in Medicare. Woo-hoo!

Normally, I don't let age get to me too much, but turning 65 hit me a little harder than most milestone birthdays. I guess it's the idea of being a true "senior citizen" now.

To celebrate, I splurged on a prime rib, baked potato, asparagus, and a glass of Pinot Noir, not at a local San Diego restaurant, but at the Last Kind Words Saloon in Death Valley National Park. Yep. Silly me did another road trip. January is definitely one of the better months to visit Death Valley.

Last Kind Words Saloon in Death Valley National ParkDaniel Zeller

Last Kind Words Saloon in Death Valley National ParkDaniel Zeller

This trip showed that I'm not as spry as I was before this summer's radiation and hormone therapies. I found myself walking at a slower pace and with a bit less stamina/endurance. However, I'll argue that walking 2.5 miles / 2.4 km through loose sand dunes will take a toll regardless of your fitness level. My legs were sore for days.

I know that I need to be more aware of this and become more active to at least maintain, if not improve my fitness level. (Yes, not consuming prime rib and baked potatoes will help, too. To my credit, I can't recall the last time I had either.)

My next PSA test will be in March, so we'll see if there's any movement one way or the other off of my November 2022 reading of 0.05 ng/mL.

That's it for this update. Be well in 2023!

Here are a few scenes from Death Valley:



Mesquite DunesDaniel Zeller

This post originally appeared on Dan’s Journey Through Prostate Cancer on January 11, 2023. It is republished with permission.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.cancerhealth.com/blog/month-146-time-marches-regardless-prostate-cancer