Month 88 — Ready for Next PSA Test

March 11, 2018 By Dan Zeller

It's not often that I want time to pass more quickly in order to get to my next PSA test, but this time it's different for some reason. I've been really anxious to have 3 April roll around to get this over and done with. Perhaps it's because I suspect that this test will be the tipping point that finally gets me into real decision-making mode.

Of course, I would prefer not to see my PSA continue its gradual climb, but I suspect that it will. My spiffy little spreadsheet predicts a value of 0.115 ng/ml, up from 0.10 ng/ml. Let's see how accurate its predictive powers are.

On a related note, I'm fairing much better than I was in my last blog post. How did I manage the emotional turnaround? One word: Disconnect.

I disconnected from my prostate cancer forums and from the good old Google machine in an effort to maintain some semblance of sanity, and it worked. That doesn't mean that I quit them altogether or didn't read the occasional article that popped up in a news feed, but I stopped actively researching for now.

Sure, there hasn't been a day that's gone by where I haven't thought about my predicament. That's only normal. I just don't dwell on it like I did four weeks ago, and that's improved my mood and focus considerably. Depending on my PSA results (I should be able to retrieve them online on 5 or 6 April), my mood and ability to focus may go out the window again. My appointment with the urologist is on 19 April, and one point of discussion will be a referral to a radiation oncologist.

Between now and then, I'll do my best to simply forget about it all. Wish me luck!

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