

Prostate Cancer, Day 5,000

Of course blogger Dan Zeller had to observe the milestone of being 5,000 days — or 13 years, 8 months and 9 days — in the adventure of living with prostate cancer.

July 31, 2024 By [Dan Zeller](#)

You know the nerd in me had to observe this milestone of being 5,000 days into this adventure of living with prostate cancer.

In those 5,000 days, I have:

- Learned more about prostate cancer and its treatment than I ever thought I would.
- Had my emotions run from outright fear at diagnosis to elation with each undetectable PSA test after surgery back to fear as my PSA returned.
- Adapted to my new normal with the side effects from surgery and radiation.
- Shared my story in ways I never expected.
- Learned who stepped up to provide support and who couldn't do so for whatever reason.
- Formed meaningful connections with fellow patients and caregivers from around the globe, and have been inspired by their stories.

That last point is important to me. Those readers who regularly engage with me, share your stories, and who offer your support have been a bright spot in this entire adventure, and I cannot thank you enough. Sadly, some of the men that I connected with over the years have succumbed to this insidious disease, and I miss our interactions.

Thank you again for putting up with my rantings for 5,000 days. Here's hoping for 5,000 more.

—Dan

In case you're wondering, 5,000 days equals:

- 13 years, 8 months and 9 days
- 164 months and 9 days
- 714 weeks and 2 days
- 120,000 hours
- 7,200,000 minutes
- 432,000,000 seconds

Sleep better tonight knowing that.

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<http://beta.docker.cancerhealth.com/blog/prostate-cancer-day-5000>