

# Prostate Cancer, Day 5,118 – Urologist Visit

I remain in a sort of no man's land of prostate cancer. We know it's there; we just don't know where.

November 25, 2024 By [Dan Zeller](#)

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I met with the urologist this afternoon to go over my most recent PSA test results and the plan going forward. In a nutshell, we agreed to remain in limbo for another three months and retest the PSA in January and consider a PSMA PET scan if warranted at that point. (She was a bit skeptical that the PSMA PET scan would be conclusive even at my current PSA of 0.69 ng/mL.)

The urologist thought it was a little premature to start talking about androgen deprivation therapy, but she recognized that that's the next likely step down this path. I mentioned that, when I met with the urologist and medical oncologist in February, one suggested ADT at metastases and the other suggested starting at a PSA of 2.0 ng/mL. She said she could understand both positions.

Bottom line is that I continue to be in this sort of "no man's land" of prostate cancer. We know it's there; we just don't know where, and we don't want to pull the trigger on ADT prematurely. So more waiting.

One other thing that we discussed was radiation proctitis.

## Graphic Biology Ahead

I've been sitting on this little tidbit for a while now, but I've been noticing blood in my stools. It initially appeared as spots a little smaller than a dime coin (~ 1 cm) but, over time, it has subsided to a small streak or a hint of blood. You know me: I had to create a spreadsheet to track it, and it's been occurring in about ten percent of my bowel movements. That makes me feel better that it isn't happening each and every time—that might indicate a larger problem if it were happening every time.

Fortunately, I haven't had the diarrhea or mucus discharge that can come with more severe cases of radiation proctitis.

I mentioned this to my primary care physician during my appointment on 4 November, too. Both he and the urologist recommended a colonoscopy to check out what's really going on. That joyful experience is scheduled for Friday, 22 November. Yippee!

I did come across this continuing education paper that gives a good overview if you're really interested in learning more:

[Radiation Proctitis](#)

So the journey continues. Stay tuned for the next installment.

[This post](#) originally appeared November 14, 2024, on [Dan's Journey Through Prostate Cancer](#). It is republished with permission.

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