

Prostate Cancer, Day 5,237 – PSA and PSMA PET Scan Results

The numbers amount to good news, writes prostate cancer blogger Dan Zeller, and yet he is so over this.

March 20, 2025 By [Dan Zeller](#)

I'm so over this.

On the whole, the news is good. My PSA just barely bumped up from 0.94 ng/mL in January to 0.95 ng/mL in March and, taking the last five readings, that increased my PSA doubling time from 7.7 months to 10 months.

Courtesy of Dan Zeller

The PSMA PET scan revealed “no evidence of prostate cancer or metastatic disease.”

So, if the news is good, why am I “so over this?”

I was really hoping that this third PSMA PET scan would bring some clarity as to where the cancer was located so we could know how to proceed—even if it meant revealing metastatic disease. It's frustrating because we know the cancer is somewhere and because we know the PSA almost tripled between 19 January 2024 and 16 January 2025, but we don't have enough information to do anything about it. It's just more waiting in limbo.

Of course, having had three PSMA PET scans all turn up negative makes me question if I'm in that "lucky" category of ten percent of patients whose prostate cancer doesn't express PSMA, making the scans useless for me. It's something that I'll definitely discuss with the doctor at my next appointment on 1 April 2025. I vaguely recall that there's some sort of genomic test that may be able to assess if I really do fall into that ten percent. I'll have to do some research on that.

Maybe, too, I've placed too much faith in the scan's ability to detect anything at my PSA level. But with a PSA level hovering around 1.0 ng/mL I thought we would have a decent chance of detecting something (chart below).

Detection Rate on a Patient Basis Stratified by PSA and Region Tr indicates prostate bed only; N1, pelvic nodes only; M1, extrapelvic only. Proportion of patients with 68Ga-PSMA-11 PET positive findings were stratified by PSA range and region of disease. Courtesy of <https://pubmed.ncbi.nlm.nih.gov/30920593/>

Needless to say, I'm truly glad that my PSA didn't rocket even higher and that my scan didn't light up like Times Square. Having definitive answers, though, would be the icing on the cake.

As far as the PSMA PET scan itself, it was pretty easy and took two hours to go through the entire process. I was instructed to drink 500 ml of water starting 2 hours before the scheduled scan time, and that was the only preparation needed.

I arrived at the hospital at 8 a.m. and was brought back to a radiation-proofed exam room where the technician started and IV at around 8:15 a.m. The 68Ga tracer [Gallium-68, a positron-emitting tracer] was ready for injection around 8:40 a.m.

Around 9:30 a.m., the technician brought me back to the scanner where I got positioned on the bed and we began the scan which took 45 minutes. The scanner was very quiet (I could have dozed off) and large enough that it wasn't claustrophobic. I was out of there by 10:15 a.m. and on my way home. Piece of cake.

On a related note, this was the longest it's ever taken me to get the PSA test results posted online (hence the delay in this post). I actually called the clinic to get them over the phone because they still weren't available online today (Thursday). The nurse I spoke with was very helpful and said, "We're facing staffing issues and, well..." stopping herself in mid-sentence, probably remembering that the call was being recorded and not wanting to make a statement about the current environment for VA employees at the moment. I fear that this may be a precursor of things to come.

Be well!

[This post](#) originally appeared March 13, 2025, on [Dan's Journey Through Prostate Cancer](#). It is republished with permission.