

Prostate Cancer, Fourteen Years

Even with a high survival rate, prostate cancer still takes an emotional and physical toll, writes blogger Dan Zeller. It may be easier, but it isn't easy.

November 12, 2024 By [Dan Zeller](#)

Yep. It really has been fourteen years that I've been on this adventure. That's a good thing considering that too many men don't make it this far after their diagnosis. Of course, it would be better if none of us ever had to go down this path in the first place, but these are the cards that we've been dealt and we're forced to soldier on.

In the past, I've railed against people who said that prostate cancer is an "easy cancer." My views on that may be evolving over time into it being an easier cancer. Even that may not be an accurate way of describing it.

The treatment for other common cancers can be much more aggressive, adversely impacting quality life in much harsher ways much earlier on than some of the initial treatments for prostate cancer. With prostate cancer, you may have a snip-snip here or a zap-zap there and you're on your merry way for years with a few possible side effects. With other cancers, you may have surgery, radiation, and chemotherapy all coming right out of the gate and, in many cases, your chances of making it to five years are quite low (see five-year survival charts below).

However, with prostate cancer you can be on this ride for decades before you get to the harsher advanced treatments like hormone therapy and chemotherapy. In the interim, though, you're dealing with the physical impacts of early treatment (incontinence, impotence, etc.), as well as the psychological and emotional stress associated with each new PSA test result every three to twelve months over those same decades. Over time, both of those impacts—the physical and emotional—take their toll.

Don't get me wrong. I am thankful that, out of all the cancers out there, I had to get the one with one of the highest survival rates of all of them. I guess I just want folks to know that it's still cancer, and it's cancer that you have to deal with—in ways big and small—on a daily basis for decades.

It may be easier, but it isn't easy.

Courtesy of Dan Zeller

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