

Prostate Cancer, Month 176 – Three Years Since Salvage Radiation Therapy

I'm still here — and so is the prostate cancer, writes blogger Dan Zeller as he marks an anniversary of starting 35 sessions of SRT.

July 21, 2025 By [Dan Zeller](#)

If you've been reading my blog for any period of time, you already know that I have a penchant for marking anniversaries or important dates. Today marks three years since I started my 35 sessions of salvage radiation therapy to deal with my recurrent prostate cancer.

I'm still here, and so is the cancer.

Interestingly, I've managed to quite successfully suppress my concerns about it for the last few months as I wait for my next PSA test in September. I can't do anything about it, so why worry while I'm waiting, right?

Instead, I've been doing my best to maximize each day (although a few days, I'm a complete slug and don't do much of anything—the perks of retirement!). I had a good trip back to the Midwest to visit family and friends at the end of May; have been taking a few local trips; and just chill with friends at my local watering hole. Life is good.

That all doesn't mean that I've completely forgotten about the little bugs inside me. The treatment side effects remind me that it's still there every day, but they're tolerable.

My appointment with the urologist is on 30 September, so I'll get my PSA test done a week or two in advance to allow time for the results to come in.

Until then, I'll just keep cruising along.

Be well.

[This post](#) originally appeared July 7, 2025, on [Dan's Journey Through Prostate Cancer](#). It is republished with permission.
