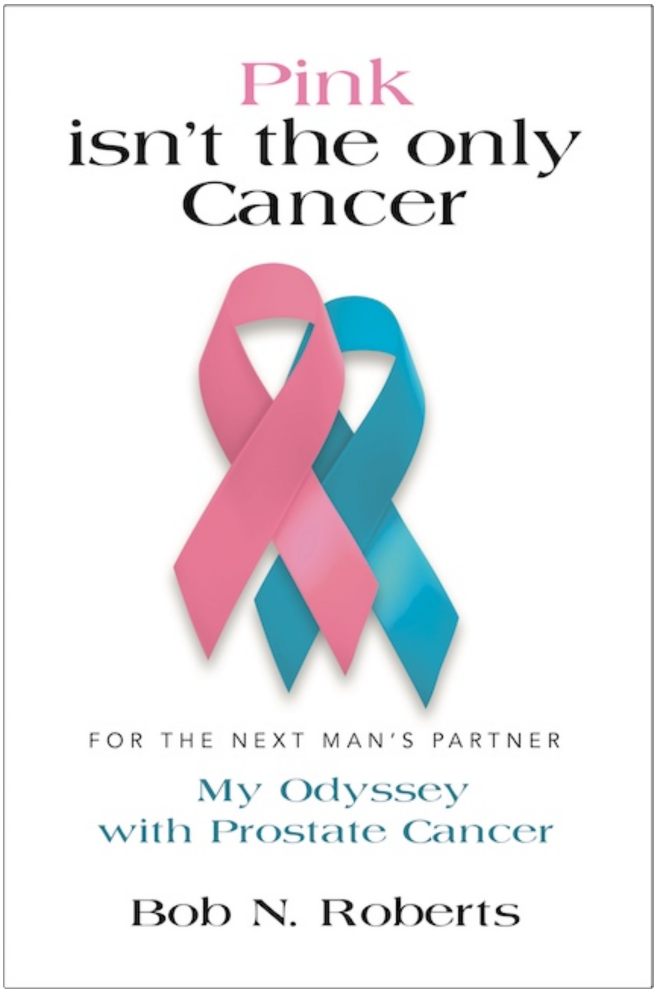


This book is about the discovery of Prostate Cancer 40 years after Testicular Cancer. First the young man's disease then the old man's disease. Along the way you will read about the emotions and fears, the things that doctor's don't tell you, the treatments & side effects, what could be done better, mostly how things were good and done well.

Pink Isn't the Only Cancer

by Bob N. Roberts

Pink isn't the only Cancer

FOR THE NEXT MAN'S PARTNER

My Odyssey with Prostate Cancer

Bob N. Roberts

ISBN: 978-1-63263-784-0

Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.
2019

Library of Congress Cataloging in Publication Data
Roberts, Bob N.
Pink Isn't the Only Cancer by Bob N. Roberts
HEALTH & FITNESS / Diseases / Cancer | HEALTH & FITNESS / Men's Health | HEALTH & FITNESS / Healing
Library of Congress Control Number: 2019911836

DISCLAIMER

This book details the author's personal experiences with and opinions about living with the diagnosis of Prostate Cancer

The author and publisher are providing this book and its contents on an “as is” basis and make no representations or warranties of any kind with respect to this book or its contents. The author and publisher disclaim all such representations and warranties, including for example warranties of merchantability and healthcare for a particular purpose. In addition, the author and publisher do not represent or warrant that the information accessible via this book is accurate, complete or current.

The statements made about products and services have not been evaluated by the U.S. Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any condition or disease. Please consult with your own physician or healthcare specialist regarding the suggestions and recommendations made in this book.

Except as specifically stated in this book, neither the author or publisher, nor any authors, contributors, or other representatives will be liable for damages arising out of or in connection with the use of this book. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory; direct, indirect or consequential damages; loss of data, income or profit; loss of or damage to property and claims of third parties.

You understand that this book is not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician. Before you begin any healthcare program, or change your lifestyle in any way, you will consult your physician or other licensed healthcare practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

Table of Contents

Chapter One
My new Primary Care: Odyssey with Cancer begins again

October 2015

This is the beginning chapter of my Odyssey with Cancer where I attempt to help the next man and his partner understand the steps and details of my diagnosis and getting thru treatments. The simple details of this process are short and cold.

What my writing includes are my observations, thoughts, and feelings along the pathway of my Odyssey with Cancer.

OK so now begins my second round of cancer, 40+ years older as of this date, with even of a more positive attitude, but able to annoy some because of it; and knowing the mind plays a very big part in healing.

I begin with my first visit to a new Primary Care, or Family Doctor as we used to call them when I was growing up.

For those that are literary experts, teachers, please understand that this is written as a dialog or a sort of first person talk.

Cancer Odyssey begins again

Monday October 26th, 2015 10:30 AM

The purpose for this exam was related to back pain and the need, on my part, to meet & get examined by my new General Practitioner - Family Doctor. OK so I guess I should acknowledge that I was heavily prodded by my wife, nagged a bit I guess you could say. Very good thing she did as it turns out.

When I heard via letter that my usual Physician's Assistant, PA, was no longer with the practice I knew I would need to choose from Dr. Old R guy or one of the two new doctors, both female. When I called to make the appointment I asked for a doctor that would be there for a long time knowing it would not be Dr. Old R guy. Oh, he is a nice man but not long term. I have been examined by him several times and some other doctors that were with the practice but are no longer there.

I wanted to have a doctor for my decades to come and said so when scheduling my appointment.

My thoughts were for the one that was not a local native. No real reason other than; oh who knows because I don’t actually.

My first visit was with the young and recently completed Residency, Primary Care, Dr. PC, Doctor of Osteopathic Medicine, DO.

Her discipline is one of treating the person after getting to know you. Treating the person, not the issue.

Great way to go! Perfect for me in every way. Lovely young lady!

For further info on the DO discipline follow this link: http://doctorsthatdo.org/difference/become-a-do

Clearly I viewed her as compassionate and knowledgeable person. My feelings were, are, “This is a good person.” Her demeanor was just what I needed; clear in questions and yet willing to listen. She looked me directly in the eye, sat close, leaned in while I was speaking, and in general was like a friend asking how she can help. Nice, very nice. Little did I know this would be a good example of how this Odyssey would be.

OK back on track again:

***(**I will go off track often - sorry)*

All common exam items, questions and interaction. Dr. PC presented herself with a bright smile that could melt Greenland overnight. Very pleasant young lady to say the least. First question was “How can I help you today?”

I need to tell you, with some redundancy, that Dr. PC did something I had not seen in quite some time. She introduced herself, shook hands and sat looking at me directly. She did not sit at a computer and look around it or over it to talk to me. She looked at me as a person not a record. She also did not hurry me, rush thru the discussion or skip the pleasantries. I, me, the human being, the person was her focus. She even leaned in towards me when I offered some key points on my health concerns.

My main concern, other than my being prodded by my wife, was back pain, was discussed but also that it had been some time since my last general exam. So she was quite thorough in her questions, poking and probing.

I did let her know of my hip replacement in April 2015. Oh and I also let her know the back pain was not new; had this same pain early in my life but more so after my ladder accident 10+ years ago.

She ordered blood tests. Included PSA and the usual pieces to tell if I had problems or not.

A few days later I received a call telling me that my Prostate Specific Antigen, PSA, was high.

It was much higher than the results from 15 months before. OOPS!

My thoughts of another trip with cancer were now real, my Odyssey had begun again.

OK so not afraid or even concerned just resigned to the fact.

Really I was not scared, oh sure I was worried on how bad it might be but since I cannot change it; I choose not to worry about what it is.

<u>Only worry about things you have control over</u>

Hard to explain why not scared, worried or any of the feelings most cancer patients and prostate cancer patients express. I guess the “been there; done that” best describes me. Oh sure this one was going to be harder.

However

<u>You follow where the path leads or fall off it and suffer</u>

Closest example I can think of is - a water leak in a second floor bathroom. It will only get worse and cause damage downstairs unless you get it fixed.

Better example: the brakes on your car are getting worn out. You either fix them or at some point they cease to stop your car and crash possibly killing someone or yourself.

Put this way, unless you do not expect to live long, like my expected decades, the choice is clear.

I need to relate that my meeting and being examined by Dr. PC was a lifesaver and that she herself was one reason I listened more to the PSA number this time. She wants to help me and with my long life ahead I was more than willing to accept.

For my wife, I need to say that her prodding me to see a new doctor, get examined and tested was absolutely 100% what I needed and she is the single most important reason for my wanting to have decades more of life. To be with her is absolutely the best!

Chapter Four
Review Reality: Deep in the Soul

November 30th 2015

Now began the next leg in my Odyssey with Prostate Cancer. Significant for sure as it would tell the extent of the cancer. But it started out on a “What the heck?” note.

Might even be “What the He**?”

There was a phone message on our answering machine informing me of an appointment for December 9th for a CT scan and a Bone scan. The person that left the message had a cheerful lilt to her voice in a bright calming way. Left her name and contact number, however I was not expecting this call about tests. Knew exactly nothing about it.

So I had only my assumptions as to why. Others might have gotten freaked about this but I was not. Just another road to travel, destination unsure. Sure this was a bump in the road but only a bump.

Receiving this call, left on my answering machine, that I had indicated they could do, told me, not literally, I had cancer and that these tests were to gage how far it has gone. Now that was scary.

Time traveling 40 years back to my First Cancer for a moment of comparison:

Well to be honest, extremely scary and different from my first Odyssey with Cancer 40 years ago. Back then x-rays and a Lymph angiogram were the tests I received. The second test is where a dye or radioisotope (radioactive compound) is injected into the body to highlight the area being studied. A lymph angiogram, injection of blue dye into the top of each foot, is used to evaluate the possible spread of cancers and the effectiveness of cancer therapy. I was never told the results of this test but did enjoy the next week where my urine was blue like Tidy Bowl. Kind of cool and a positive side benefit. Eventually turned green then stopped. No flushing required, fun while it lasted.

While in the hospital, before the surgery, I was given something to drink by a nurse and told to wait about 30 minutes and then would have some x rays taken. For some reason she came back at 15 minutes, looked at me and said we need to get you into x ray now, it's progressing faster than usual. Never was told anything about the test or the results. Did not think to ask either. Mentality then was still like when in the military - don't ask, just do.

Now back to my Current Odyssey with Cancer:

These new, to me, tests were able to look inside and let the doctors see where my new cancer might be.

The idea that a full body bone scan told me the cancer could be anywhere and that they wanted to see how far it had gone and how bad it was. All this so they could plan my future. My goal of decades.

When I heard that a CT Scan was to be a part of the exam that only made it worse of a scare because the CT would tell if the cancer was in more tissue than just the prostate. Double shot of scary! Reality was slamming me in the gut.

Was it in other nearby organs, rectum, bladder, nerves, bones? Well these tests would tell and that was out of my control.

If advanced, how far advanced, basically how entrenched in my body was it? Did not feel any issues with other parts but heck felt no issues with prostate other than frequent night trips to the toilet, and that, I felt, was mostly due to drinking fluids right up until I hit the sack.

That and an enlarged prostate like my Dad and Grandfather both had. Not cancer.

On top of all this was the fact that I was being told of the need for these tests without any doctor interaction or forewarning. No explanation: just show up. I made light of the need for the test to my wife so as to not scare her but in my mind I simply thought “Oh crap!”

Actually “*<u>OH CRAP!</u>*”

I could not imagine it was normal medical procedure to hear the scheduling of this type of tests so impartially via a phone message but I had indicated on my paperwork that leaving messages on my answering machine was OK.

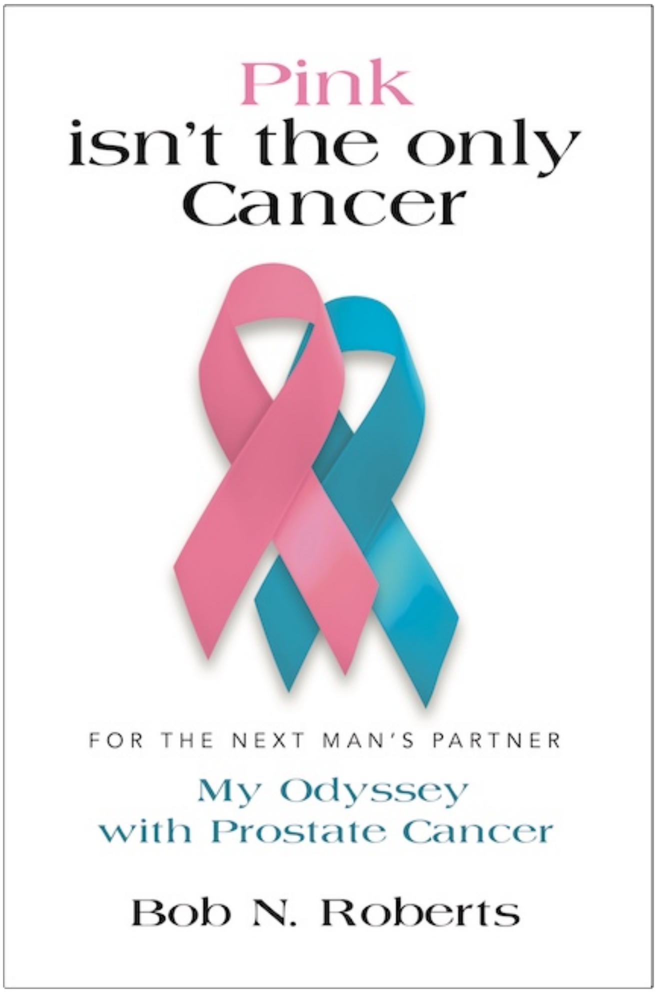
So here I was in a bit of a quandary - major issue really possible: minor screw up on the part of the scheduler with little in the way of "Oh Crap" consequences.

Well this human's mind ran the gamut from very bad to not so bad and finally settling closer to not so bad. Really to think otherwise would be very stupid and cause internal strife that at this point in my travels would be nothing but harmful.

Probably should have called Uro for an explanation but for some reason this did not enter my mind until writing this. Did have an appointment scheduled with her December 2nd, 2015 just a few days away so would wait to see her explanation and reaction to my knowing.

So I would do what I always do:

Remain positive!



This book is about the discovery of Prostate Cancer 40 years after Testicular Cancer. First the young man's disease then the old man's disease. Along the way you will read about the emotions and fears, the things that doctor's don't tell you, the treatments & side effects, what could be done better, mostly how things were good and done well.

Pink Isn't the Only Cancer

by Bob N. Roberts