

The making of this flyer

Since my diagnosis of metastatic prostate cancer (meaning it had spread) in August of 2018, I've been working hard trying to figure out both what went wrong, and also what I could have done differently. What I discovered was that there was a lot I didn't know about prostate cancer - things I wish my doctor had told me but didn't. (They were things that my doctor probably didn't know either.) I was getting regular check-ups and had my PSA checked, and got DREs (good ol' digital rectal Exams) but given that my PSA was below the "safe threshold" I was given, the fact that my doctor thought she felt a bump with her finger didn't set off warning bells like it should have. I learned the hard way. There were also issues with the standard of care that was being used, in particular with the universal safe PSA threshold of 4.0 that my doctor adhered to. I hope that no one else has to go through what I'm going through, so I did a lot of research and spend a lot of time putting together a fairly comprehensive brochure on the basics of prostate cancer and on the potential value of DREs and PSA screening.

I also have my own personal experiences with prostate cancer, and strong opinions on a number of the issues, many of which are noted in the flyer. (*In italics to clarify that such info is my opinion.*) I hope people benefit from my work, and don't end up in my situation - someone that was getting regular prostate screenings and still ended up with stage 4 cancer before I crossed the PSA "safety threshold" and also before it was detected via a biopsy. I am reasonably well educated (I have a degree in engineering and an MBA), and now very well informed on many issues related to prostate cancer based on my recent research, but I am not a doctor or research scientist, and I don't pretend to be.

One thing doing the research on this subject revealed is the amount of research data that is readily available - it can be overwhelming, and that there is also very often conflicting data on many topics. Those areas can be confusing, and may well be areas that more research is needed. I have tried hard to cut through the clutter and come to what I feel are valid conclusions and help people understand some of the current conflicting standards. Given my own research and personal experience, I am very comfortable with the conclusions I have reached, but some of my assessments may well differ from the standard of care that is currently held by various institutions. In some cases this is both confusing and disappointing to me, and one of the things I hope to accomplish is to shed some light on areas that a change to the standard of care for prostate cancer currently in place in the United States would be beneficial. (See the other paper called "*Recommended Changes to Standards of Care*" with more information about that topic.)

I hope you have found some value in my info flyer. Not only did I spend a great deal of time on it, I've also reviewed it with a number of people with their own experience with prostate cancer who provide me with valuable input and editing commentary. If you are a male over 50, please take the time to read through this and hopefully you will learn some things. If you have any questions, feel free to contact me. My e-mail id is: runlikehal@yahoo.com. I will make every effort to reply to any serious questions.

Hal Wolfe
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