

## **Prostate Cancer**

In 2014, I visited my GP, due to a problem I was having with my back. After a couple of visits and no obvious cause to the problem, my GP initiated a number of tests including a Prostate Specific Antigen (PSA) blood test. This came back just above the normal baseline measure. The test was repeated and a similar result was achieved. By December of the same year, I received a diagnosis of prostate cancer. The cancer was described as being more 'tiger' than 'pussycat' so the health professionals were keen to start treatment quickly. In January 2015 I had surgery at Aberdeen Royal Infirmary. The surgery went well and I had a good recovery.

I then had blood tests every 4 months but towards the end of the year, my PSA was starting to rise. Almost exactly 1 year after the surgery, I underwent a 6-week course of radiotherapy, which was fine. My PSA remained low until the end of 2020 when it started to rise again. I am currently undergoing some tests to see if the cancer is returning.

I am indebted to my GP for doing the PSA blood test; otherwise, the cancer would have spread and not have been operable. I can only urge all men to ensure they have a PSA blood test every few years as 1 in 7 men will be diagnosed with the disease. The survival rate is good but relative to the stage of the disease at the time of diagnosis.

Submitted by a member of the men's group.