**Tom Lennon**

**San Francisco, CA**

I was diagnosed with early stage prostate cancer over 5 years ago when I was 57 years old. I have been attending PAF support group meetings in San Francisco since my diagnosis. I am currently in the UCSF Medical Center Watchful Waiting program and have had no conventional treatment. With tips, hints and support from the Prostate Awareness Foundation I have been able to keep my prostate cancer from progressing. My most recent biopsy at UCSF in September could find no cancer, so I was not assigned a Gleason score. I changed my diet towards a Vegan, I am physically active including hiking, I take hot tubs to relax, I have added herbs and supplements friendly to the body and unfriendly to cancer. I am cautiously triumphant that by continuing my pro-active approach I can avoid future prostate cancer problems. *Tom is an antique dealer residing in San Francisco.*