Three years ago I was diagnosed, by needle biopsy, with “early stage, low risk” prostate cancer, Gleason grade 3+3. Needless to say, my world started spinning after hearing that dreaded word. I immediately started in on my new hobby, learning everything I could about prostate cancer and the various treatment options. Fortunately I also learned about the Prostate Awareness Foundation, close by in San Francisco, and became a regular attendee. Here was all the information and support I wasn’t getting from my HMO. I made big changes in my diet and exercise plans and returned to meditating, with a teacher I met at a PAF meeting.

A year after my first biopsy, a second one showed slightly more cancer. My Urologists were turning up the heat to eventually "do something" about it, meaning surgery or radiation. I continued my pro-active surveillance program and went on plenty of hikes with the PAF, including the 2012 trip up Mt. Shasta.

A few months ago I got a third biopsy, which I was dreading. To my amazement, this one showed only a small amount of "atypical" cells which really could not be called cancer. By giving my body every advantage over early-stage disease, I was able to achieve good results without debilitating surgery. The PAF deserves a lot of credit, and your support, for providing this vital alternative viewpoint for men dealing with a diagnosis of prostate cancer. Please you support my efforts to help PAF reach more men and their loved ones with a tax deductible donation? Please click on the link below, it is easy.

Tim Englert, March 2014