John Bohan - Sonoma, CA

It’s been several years since I was first diagnosed with PC. I am pretty sure the cancer preceded the diagnosis by a few years as my first PSA was 5. I didn’t panic because I knew PC was common and developed slowly. Also I was pretty good at taking care of myself thru regular exercise, decent diet, meditation and avoidance of stress. However, I had a lot to learn and I am still on the cutting edge of keeping my PC under control.

I was referred to the PAF by a friend and talked to Ken Malik re: diagnosis and treatment options for my for PC. My Urologist at Kaiser wanted me to get Brachytherapy (radioactive seed pellets) but I felt that the life style changes I was making should be given a chance. These included a vegan diet, aerobic exercise, regular meditation, and a dedication to helping others. My PSA dropped from 10 to 4.5 after about 6 months on this protocol so I was very encouraged to continue with life style changes as opposed to conventional treatment like radiation, surgery, testosterone hormonal blockade and or chemotherapy. Interestingly, my Doctors had never told me to avoid sex, bike riding, stressful situations, and viral infections 48 hours before the PSA test. This information came from the PAF.

The concern and chance of side effects like incontinence and erectile dysfunction along with the possible reoccurrence of the cancer were strong deterrence to treatment. Later, I learned about the side effects of Lupron including hot flashes, depression, and an 88% higher chance of getting Alzheimer’s Disease. Although Lupron one of the testosterone hormonal blockage protocols seems to be a regular prescription for treatment after surgical intervention or radiation.

In conclusion, the PAF and Ken Malik has given me a vehicle to become educated re the pit falls associated with “conventional treatment”. [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) has valuable information at the site regarding diet, exercise, and the latest research on PC as well as health in general. There are sponsored activities which emphasize exercise, healthy foods, combined with the comaradary between those who share a common goal.

My Gleason Score has increased from a 3+3 = 6 to a 3+4 = 7 with about 10% of my cancer being a 4. But as I now know Gleason Score are subjective determinations and I could have had a Gleason 7 all along. My Urologist says by 1988 I may have metastasized cancer. In the meantime, I don’t have any side effects with this protocol and will likely die of something else like heart disease. While I wait I can only hope for a more natural cure to appear. Thank you PAF for being there.