

Prostate Cancer: A Personal Reflection



I want to take this opportunity to ask men over the age of 50, or for those with a history of cancer within their family, 40 years of age to get checked for prostate cancer.

It could literally save your life if caught early. If it is not caught early, the journey is anything but pleasant. Here is my story which I hope will provide some impetus to go and get checked.

I was diagnosed 3 years ago with stage 4 metastatic prostate cancer meaning it had already started spreading throughout my body.

If my cancer had been caught early, there is a very high probability that I would be cured today. But my cancer is incurable and continues to spread throughout my body.

Over the past three years my life has changed drastically. I have had to endure nonstop hormone therapy which aims to remove as much testosterone from my body as possible. The side effects of hormone therapy are challenging for a man.

In addition, I have had 6 rounds of chemotherapy in 2019 that took over 4 and a half months, 28 rounds of radiation in 2020 which took approximately a month and a half, about 6 more emergency rounds of radiation last Christmas and two oral chemotherapies that ultimately failed.

Today, I am back on chemotherapy which again will take four and a half months or maybe more.

Despite three years of treatments, my cancer has continued to spread. It is now around my rib cage including some ribs, throughout my left hip, in four vertebrae on my spine, in my lungs, lymph nodes and the back of my skull.

My current rounds of chemotherapy are providing some stability but is not a cure. Not only has the cancer spread, the side effects of the treatments have been challenging.

Bone pain has become a frequent visitor that has had me on the verge of tears more than once.

Thankfully, I have medication that helps with bone pain. I have gone from being very active in the gym to doing virtually nothing.

I have gone from being a runner who clocked in around 25 to 50 kilometers a week to walking with a cane. Moreover, I have also lost a lot of energy and drive primarily due to the medications.

There have also been numerous other impacts, but the point I am trying to make is: ***please go and get checked.***

If prostate cancer is caught early, it is very curable. But if you wait too long the journey will likely be something like mine. Please ask your doctor for a checkup.

Thankfully, I am still able to function as the Chief Executive Officer of our Chamber due to the overwhelming support of our Board of Directors and the Chamber staff, who are exceptional.

This weekend, Prairie Harley Davidson has an event, *Hog Ride for Boys*, in support of prostate cancer ***Prevention Treatment and Cure***.

For more information about Hog Ride for Boys [**please click here.**](#)

For more information on prostate cancer please [**click here.**](#)