

Personal Experience  
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On February 15, 2005 my PSA from Scripps Memorial hospital was 4.8. Subsequently, on January 24, 2007 my PSA taken at the Mayo Clinic in Scottsdale, Arizona had risen to 5.52. Pursuant to the Mayo recommendation, a biopsy was taken on January 26, 2007 showing a Gleason 6.

After consulting with several doctors and approaches at the Mayo Clinic it was the recommendation that robotic surgery was the preferable procedure. It was there advice that any procedure other than surgery, reduced the options you had if complications were to develop. On March 16, 2007, robotic RRP was conducted for a Gleason VII Prostate Cancer in bilateral lobes with a right extraprostatic extension 1 mm right positive margin. The surgery was done by Dr. Scott Swanson. After the surgery, it is generally required that a catheter be used for one week. It was helpful to have help with this inconvenience during this time.

On February 8, 2008 my PSA was < 0.10. On July 10, 2009, my PSA began a gradual increase to 0.28, and on August 28, 2009 it was 0.309. Further consultations were done with the Mayo clinic, Dr. Mundt and Dr. Lam, Marina Del Rey, and radiation was strongly recommended.

On October 6, 2009, radiation was commenced by Dr. Mundt at the Moores Cancer Center which continued through November 23, 2009.

The radiation appears to be successful. On February 8, 2010 my PSA was 0.10. On March 5, 2010, my PSA was 0.092 and on May 25, 2010 it was 0.06.

The radiation treatments seemed to have no side effects.

Dr. Lam has given me a list of supplements which include green tea (or capsules), pomegranate extract or Pom - wonderful juice and Co-enzyme Q-10 if on statin drugs (200 mg/day). Vitamins recommended by Dr Lam include Calcium Citrate (500 mg), Vitamin D (2,000 u daily), Lycopene (10-30 mg per day), omega 3 fatty acids (1,000-2,000mg per day), vitamin C (500 mg per day) and selenium (100 mcg per day).

My father had prostate cancer as did my older brother. My older brother chose external radiation which was done in Bloomington, Illinois and he seems to be doing fine. Knowing my family history, I kept an eye on my PSA scores fully aware that it would have to be dealt with at some point. I am happy with my results and the peace of mind of knowing my prostate has been removed has made it all worth while.

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