

John W.

At the age of 45 my family doctor started giving me annual physical exams. My PSA was always on the high side due to an enlarged prostate. In 2007 however my PSA score spiked to 6.8. I was referred to Calgary Urologist Dr. Metcalfe who referred me to the Prostate Cancer Centre for a biopsy.

I was contacted by Dr. Metcalfe's office a few weeks after my biopsy and told I had stage one prostate cancer. I remember feeling complete shocked and in disbelief. I was 51 years old and couldn't believe I had prostate cancer. I spent the next six weeks researching treatment options and visited the Prostate Cancer Resource Centre and talked to volunteers about their experience with the disease.

At the beginning of January, I made my decision and chose to have a radical prostatectomy with Dr. Metcalfe on February 1.

My family doctor and Urologist strongly recommended that I tell my two brothers they should be checked for prostate cancer. The statistics were correct, my two brothers were also diagnosed with prostate cancer. One brother was 43 at the time and the other was 52 years old.

Early detection of prostate cancer saved our family and I am happy to say that the three of us are fine.

I now spend time volunteering at the Prostate Cancer Centre in the Resource Centre. It was really great being able to talk to someone when I needed help so I am "passing on the favor" and available on every second Wed. morning.

Early detection does save lives, "Get checked".