

I never thought that I would get cancer, there was no family history. I believed that I was bullet proof even at my tender age.

Thank god over the years I made an effort to have an annual check up which most fortunately included a PSA test, what the heck I was having blood work done as part of my annual check up so why not have the doctor check the box to include for a PSA test. I'm very grateful that my family doctor included this test as part of my normal annual check-up since I turned 50.

Last April 2010, my family doctor phoned my home to advise me that he wanted to discuss my results, I thought nothing of it at that moment until he told me when I met him at his office that my PSA had spiked and he was going to arrange for me to have further testing at the Prostate Cancer Centre, I was stunned, in fact after he said the word - cancer- I could have been knocked over by a light breeze. The thing about prostate cancer is that there are no early symptoms, no pain, no sores or a rash or anything that your body tells you that there is a problem until it is too late and it has advanced; Prostate cancer is the most common cancer among men and by far the most treatable if it is caught early, there-in the probability for a positive outcome are better than 90%, in fact my doctor would say better than 98%.

So I have the physical exam at the PCC and I'm told that they don't like the feel of my prostate and that the next step is to have a biopsy. I'm now in complete panic mode and can not sleep at all. In June, I have the biopsy and 3 weeks later I'm told I have prostate cancer. Thank god my wife is with me and the doctor because I don't hear a word after "Wayne you have cancer"... After a few minutes I'm composed and thank god that I had had the yearly PSA testing because the next thing that the doctor tells me is that I have been diagnosed a the very early stages (stage 1) of this type of cancer and as a result I could expect to have a very good outcome with surgery.

In October, I have the surgery,(I opted for the radical prostatectomy) and the results of the surgery were very positive and the long term outlook for me is promising, I was very fortunate by having been diagnosed very early on..

I do not want to think of what or where I would be today had I not had regular check-ups with PSA tests. For any fellow over the age of 40, a simple blood test on a regular basis is the right thing to do.

I was, and remain very grateful for the efforts and support I received from the entire medical team at the PCC and Rocky View hospital that I had to give something back, so I 'm now a volunteer host with the Man Van. On Tuesday June 28th, I will be hosting the Prostate Cancer Man Van at the Southland Crossing Safeway and I invite all men over the age of 40 to come and be tested.

PSA - Prostate Specific Antigen. The prostate produces this protein in some amount, if the prostate enlarges or sadly becomes cancerous the amount of this protein increases.