

Gary's History

I was diagnosed with Stage-IV metastatic PCa in 2020. I stopped Orgovyx in January, 2026 but continued Nubeqa at 900 mg/day on the suggestion of Dr. Roach UCSF. In February I reduced the Nubeqa further to 600 mg/day. February PSA was 0.013, and T was 5. February visit with my MO in South Africa we discussed the Estradiol Patch. He was willing to prescribe it based on the data presented in "PATCH" Trial. He was not comfortable with me being on Nubeqa without ADT, though. I was comfortable with it. 1 month prior to my labs in May, I initiated the patch 100 mcg, changed twice weekly. My May PSA dropped to 0.006, and T dropped to 8 ng/dl. My new MO in South Africa asked me to increase my patch dose from one 100 mcg patch to three 100 mcg patches, twice weekly. She wants my T to remain below 20 ng/dl.