

Ashok's History

PCa was detected in April, 2019. It was contained in the prostate, but with seminal vesicle invasion. PSA was 250 and Gleason Index was 9/10. I started a course of ADT using Firmagon in June, 2019. RT using IMRT was done in Nov/Dec 2019 with 78 Gy over 39 sessions. PSA was below 0.1 while ADT was continued for 24 months. From Jan, 2020 onwards I was on bisphosphonate as BMD had begun to drop. In Sep, 2021 my PSA started increasing even while on Firmagon. Increase continued till PSA was 1.47 in Dec, 2022. PSMA-PET CT scan showed no trace of PCa. As a case of BCR having CRNM PCa, I have been on Nubeqa since Jan, 2023 following an Orchiectomy. My DEXA scan showed osteopenia in the hip joints and reduced BMD all over. I also had leg cramps at night and poor sleep. I started using Estradiol gel 8mm of 0.06% applied to scrotum and perineum nightly from June, 2025. After one year, my BMD had improved by 4% overall. There is no Osteopenia. My sleep has improved and I no longer have leg cramps. I am quite active usually exercising and walking 4 to 5 km 3 times a week. I also play golf 3 times a week - usually 18 holes mostly walking except in very hot humid conditions.