

Tim's History

In May 2023, after biopsy of my prostate, I was diagnosed positive for prostate cancer (PSA = 7.8 pmol/l Gleason 4+4= 8). I had never had a PSA test before this, only a yearly digital rectal examination. I was declared free of metastasis on conventional scans and decided to proceed with robotic prostatectomy Nov. 2023. Unfortunately, my PSA subsequently only retreated to 1.1 pmol/l and then proceeded to double in only two months. I started Doublet ADT Therapy (Lupron / Extandi) in March, 2024. After six months of treatment, I had an undiagnosed major clinical depression episode. I became interested in Estradiol to help with my side effects after taking the online course called *The Androgen Deprivation Therapy Educational Program*. My surgical oncologist was willing to refer me to an associate of his who is an endocrinologist. Being familiar with Hormone Replacement Therapy for the Transsexual community, he agreed to give me a prescription for tE2 to help with my hot flashes. He had only ever helped one other prostate cancer patient before me. In Jan. 2026 I asked and was given the okay to drop Lupron but continue with tE2 for androgen suppression. I have retained the Extandi for now but hope to drop it as well, leaving me with only the transdermal estradiol to manage my cancer. I will proceed with caution.