

Brothers; I have been in PCa remission for 2 1/2 now after finding I had a Bone Met in my right hip joint and multiple ~6 lymph nodes in the prostate bed Using an AUxim Pet Scan in Dec.2017.(24 years after surgery) Surgery NOV 1994 showed Neural involvement, Gleason went from 7 on biopsy to 8 on prostate slice and dice & Cancer was against capsule. Not Good signs but BCR only occurred after 5 years. I keep PCa under control with anti inflammatory supplements (Curcumin ETC, ETC), antioxidants(Green Tea Etc ,ETC) , diet (Mediterranean), exercise , Proscar/Avodart, Doxycycline (100mg/day),Vitamin D3(10,000 IU/day). Strong response to proscar in yr 2000 as PSA went from 0.33 on BCR to less than 0.1 for over year until it started to climb slowly about to 0.1 per year which for some men works so that My PSA by Dec 2014 was 2.2. Research papers by Dr. Gerald Androile 1996 show that once PSA goes above 1.0 it starts doubling much faster and that was my experience (as before PSA was above 1.0 it was doubling about every 4 years at December 2017 it was doubling in 5 months at PSA=12.2. After the mets where found Dec 2017. I asked my Oncologist to add Casodex (150 mg/day) and metformin (1500 mg day). My PSA dropped 90% in one month and after 2 1/2 years it has dropped 98 to 99% a now at 0.026. I have done my gene analysis and found I have Tmprss2-ERG fusion gene in my cancer which applies to about 50 % of men with prostate cancer and this is hormone related mutation which I think has made me responsive to proscar/avodart blocking of DHT growth. I use BR-DIM, Quercetin, Berberine and apigenin, Grape Seed extract which specifically promote the effectiveness of Casodex(Bicalutamide) along with Curcumin and Green Tea.

I will be helping my two brothers with starting my PCa protocol this summer as one brother has gotten off the standard of care ADT/Xtandi that has taken a toll on his health/ walking is hard for him. He did respond to my treatments early on but it was not possible to get him to follow a health diet, I have never done ADT and never will.. My testosterone is now about 1500 ng/ml it was 475 ng/ml at 54 yrs when diagnosed before surgery. My other brother has just been (MRI biopsy) diagnosed after I have keep his high pins progressing for 16 years by plying him with antioxidants. He has been able to drop his PSA twice from 3.3 and 3.1 twice to 0.3 and 0.6 ng/ml respectively using Doxycycline, Avodart and Metformin. WE are planning to add Casodex and see how he can follow long he can continue on this as active surveillance (we have already gone 16 years before he was diagnosed with Gleason 7) He has my same germ line gene mutation as I think my oldest brother does who has been on ADT/Xtandi. AS a support Group leader (for 18 years) you will find more information our website==> rvaprostatecancersupport.org

Peter's notes is the Place to check for more info on this website.

Best Peter Moon Ph D

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