

At the age of 63, I was diagnosed with prostate cancer in June 2022. My PSA had risen from 1.9 to 4.8 over the past few years, and I was under active surveillance for a couple of years. The PSA was holding steady around 4.8, and the MRI in June 2022 did not indicate positive signs of cancer. My urologist at Mayo clinic in Phoenix recommended TRANSPERINEAL biopsy, and I hesitantly agreed. Biopsy results showed cancer, Gleason score 7 (3+4) in one of the samples, and another sample in the same quadrant was pre-cancer.

My doctor recommended several options including prostatectomy, radiation and he also mentioned I was a good candidate for the HIGH INTENSITY FOCUSED ULTRASOUND (HIFU) procedure, which uses heat to destroy one quadrant of the prostate.

I joined UsToo support group, educated myself more prostate cancer treatments, and also spoke with someone who had a similar procedure (partial prostate ablation using cryo) done a few years before.

I decided to proceed with the HIFU procedure, and surgery was done at Mayo Clinic in August 2022. I had a catheter attached to me for 5 days, other than that, recovery was easy. The doctor ablated 27% of my prostate using high intensity ultrasound heat, and 4 months after surgery, my PSA dropped to 3.3 and the MRI 6 months post-surgery was normal. I am scheduled for a biopsy one year after surgery, and I will remain on active surveillance for 5 years. This includes PSA tests every 6 months, MRI once a year, and probably more biopsies.

There is a very strong history of prostate cancer in my family, and I don't know what the future holds, but overall, I am happy with the results so far, I chose the least invasive procedure, with minimal side effects, and best quality of life after surgery.

If you've been diagnosed with prostate cancer, and you'd like to know more about my experience, please feel free to contact me at SaeidFarr@gmail.com