

Personal Experience  
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I began dealing with prostatitis in 1990. I had worked in the O.R. of a local hospital and had observed many T.U.R.P.S performed. I knew this was not something I wanted to do. I was under the care of a urologist for my prostatitis and was getting my PSA checked regularly. It was 3.4 in 1998 and stayed in that range for a couple of years. Then it started rising slowly. The doctor I was seeing wanted to perform surgery, but I declined. I began searching for another doctor. In 2002 I began seeing Dr. Mark Scholz of Prostate Oncology Specialists in Marina del Rey, CA. On the first visit he spent about 2 hours with me going over my history and recommended that I begin using Proscar and practice active surveillance (watchful waiting). In 2003 he referred me to Dr. Duke Bahn who performed a color doppler ultrasound with the observation that my prostate was enlarged but normal. He recommended a follow-up visit in a year at which time we decided to have a biopsy performed. Cancer was found in the right lower lobe and the Gleason score was 3+4=7. My PSA was rising but in a saw tooth manner. In 2009 I had another biopsy done. The tumor had grown and my Gleason score went to 4+3=7. I had a long discussion with Dr. Bahn of Prostate Institute of America about the results and what could be done. He told me about different procedures available and the pros and cons of each. I thought of doing focal cryoablation right away, but he recommended that I think it over for about six months and get back to him. I was 78 years old at this time and had ruled out surgery and radiation as not being desirable for me. I went to Loma Linda and investigated proton therapy but decided against it because of the logistics.

I talked to Dr. Bahn again and we set a date for my focal cryoablation. I went to his facility in Ventura on the June 22<sup>nd</sup>, 2010 where I met Dr. Paul Silverman, a urologist that works with Dr. Bahn. He examined me and explained the procedure they were about to perform. The next day I had all the tests done—x-ray, ekg, etc. On June 24<sup>th</sup> I had the treatment and all went well. Six weeks later, Dr. Lam of Prostate Oncology Specialists checked my PSA and it was 0.452. Any issues with incontinence are resolve. I have minor problems with impotence. I can have orgasms and can ejaculate but am unable to get a full erection.

I have recovered well and am doing OK. You can be assured I will keep a watchful eye on my PSA and have regular visits with Drs. Scholz and Lam.

If you wish to discuss my experience, coordinate this through [gene@ipcsq.org](mailto:gene@ipcsq.org) who will get you in touch with me.