

Bernhoff A. Dahl, M.D.

Physician-as-patient



Trainer Laboratory dedication, University of Vermont
Photo by: Laura Simmers

Sex and Prostate Cancer

For many reasons, my sexuality with my wife Elaine, before and after the diagnosis and treatment for prostate cancer has been a key joy in our lives. We had learned Tantric sex techniques prior to my diagnosis and therapy, which we now apply, along with an effective prescription drug for impotence, Caverject, which features an interesting delivery system

As a pathologist I followed my health status quite closely, including normal PSAs starting at age 52, even through there was no family history of prostate cancer. I was on a research study that was addressing “free-PSA” as a possible harbinger of prostate cancer. However, starting in my late 50’s I developed a chronic low white cell count, neutropenia, (which can be a precursor to leukemia), as well as loss of cartilage in my knees, which required a right total knee prosthesis. Eventually, I developed osteoporosis around the prosthesis, as well as loss of cartilage in my vertebral column ... I was shrinking. During three years of intense efforts to address these issues, including HGH agonists to build bone (bad for prostate cancer), I let my prostate monitoring lapse. Although I had changed my diet markedly and taken “nutriceuticals” to “prevent” prostate cancer, my second biopsy in September 2004 was not only positive for cancer, but indicated that it had extended outside the prostate.

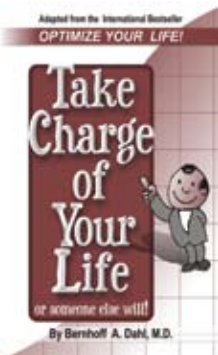
Since, as a pathologist I had seen the cases that failed, I opted for all the diagnostic and therapeutic modalities available. Included were ADT3 (androgen-deprivation therapy with three drugs), a radical prostatectomy, chemotherapy, and external beam radiation therapy, all in exactly one year (I did continue to the ADT3 for a total of 28 months).

Now I am in “remission”, have no detectable PSA, on only two prescription drugs, and taking a number of “nutriceuticals.” Above all, I have become a seeker after truth, a fanatic, maybe even an expert, as regards diet and cancer, with a focus on prostate cancer.

In addition I took numerous courses on prostate cancer, consulted with oncologists, urologists, and radiologists internationally, to learn all I could about the treatment of prostate cancer. In the process I created a **keynote presentation** entitled:

The Assertive Patient: Taking Charge of Your Healthcare

Recently, I was invited to join the Helpline of the Prostate Cancer Research Institute in Los Angeles, California, joining other prostate cancer patients that were willing to share their experiences as they negotiated the labyrinth of diagnosis and treatment. PCRI was founded in 1996 by internationally recognized medical oncologists who focused on prostate cancer, Stephen B. Strum, M.D. and Mark C. Scholz, M.D. The objective of PCRI is to educate patients and their families about prostate cancer, providing up-to-date information and linking with other local, regional or national agencies involved in cancer, especially prostate cancer.



Dr. Dahl’s new book, ***Take Charge of Your Life... or Someone Else Will!***, a work-in progress, is based on his internationally-licensed best seller series ***Optimize Your Life!*** Research has shown that only about 5 to 7% of educated people do personal strategic planning, and that they generally are more successful in all aspects of their lives. ***The Optimize Your Life!*** book series is designed to lure the “next 5 to 7%” in regular strategic planning. These books focus on left-brain activities using text, graphics, and worksheets in a step-by-step linear logic fashion.

The goal of ***Take Charge of Your Life... or Someone Else Will!*** is to bring the power of strategic planning to the next 10 to 15 %. It will use many of the concepts in the ***Optimize Your Life!*** series, but will be “lightened up”, made even more user-friendly with more cartoons and clever quotations, and will be available in a handy pocket size.

The book will be written with the input from readers/users of Dr. Dahl’s books on strategic planning. If you would like to contribute visit www.TrionicsUSA.typepad.com/takechargeofyourlife