

PSA Rising

Note: If you are on *Hormone Therapy*, go to [PSA Rising \(On Hormone Therapy\)](#)

A PSA rise after surgery or radiation can be concerning, but may not necessarily be urgent or life threatening. It may not even be cancer recurrence. But it is a time to begin researching again. This may seem daunting at first, especially if you were told you were cured with local therapy, but remember to just go one step at a time. Your research will pay off in better questions, which always get you better answers. Remember too that PAACT has a free Helpline where you can talk to someone who is knowledgeable about prostate cancer issues. Call (844) PAACT 4 U.

If your PSA is rising after radiation, the first thing you need to research and discuss is whether you're having PSA (cancer) recurrence, or a PSA bump or PSA bounce...which is not cancer recurrence. **See first 3 articles below.**

If you're having a PSA rise after surgery, there are many things to consider. But monitoring both your PSA and your PSA Doubling Time (PSADT) is important. You can [calculate your PSADT here](#). **See first video below.**

Articles & Videos

- [What is a PSA Bounce?](#) Harvard Health Publications, 2011
- [PSA Bounce After Radiotherapy May Be Associated With Outcomes in Patients With Prostate Cancer](#) ASCO 2014
- [Rising PSA After Radiation Therapy? Don't Be Rushed Into "Salvage" Therapy!](#) Kent Wallner, MD, 2014

- Video –[When Recurrent PSA Isn't Cancer](#), Charles 'Snuffy' Myers MD, 2012

(using the right PSA test after Surgery)

- [Which Doctor When?](#) Jan Manarite, 2015
- [The Importance of Belonging to a Support Group](#) Gene Van Vleet, 2011
- [How Fear Affects Cancer Survivorship](#) – Jesse Gruman PhD, 2013
- [Understanding Survival Statistics*](#) Jan Manarite, 2013
- [20+ Year Survivors](#) Anonymous, 2013

Testing (**Imaging, Blood Tests, Pathology Tests, etc.**)

- [Ordering Your Own Blood Tests](#) Jan Manarite, 2015
- [Two Different Types of Bone Scans](#) Jan Manarite, 2015
- Video – [Confusing Prostate Cancer Terms \(PSA, Bone Scans, more\)](#) – Charles ‘Snuffy’ Myers MD, 2015
- [C11 Acetate PET/CT Imaging for Prostate Cancer](#) Fabio Almeida MD, 2012
- [Update: C11 Acetate PET/CT Imaging for Prostate Cancer](#) Fabio Almeida, MD, 2015
- [Dr Eugene Kwon on Oligometastatic Disease \[and C11 Choline PET/CT\]](#), 2015
- [Prolaris Test for PC \[from prostatectomy tissue\]](#) John Davis, MD*, 2014
- [Deciphering...by Detailed Genomic Analysis \[Testing for Risk of Metastasis After Surgery\]](#) Israel Barken, MD, Elai Davicioni, MD, Penelope Wood, 2013
- Video – [Understanding Your Pathology Report](#) Dominique Trudel MD, PhD, 2015 (47 minute video from Prostate Cancer Canada)

Lifestyle Changes (**Diet, Supplements, and Exercise**)

- [Changing Your Lifestyle Can Change Your Genes](#) – Dean Ornish MD, 2011
- [18-Year Study Finds Drug \[finasteride\] Cut Prostate](#)

[Cancer Risk](#), 2013

- [Video- Mediterranean Diet & PCa](#) – Snuffy Myers, MD, 2011
- [Video – Foods Prostate Cancer Patients Should Avoid](#) – Snuffy Myers, MD, 2010
- [Video – Super Supplements](#) – Snuffy Myers, MD, 2011
- [Video – Supplements to Avoid](#) – Snuffy Myers, MD, 2010
- [Video – Is High Dose Vitamin D Dangerous?](#) – Snuffy Myers, MD, 2010
- See also, [Dr Mark Moyad: What the Heck is Going on in My World ?](#)

Treatments

- [Anti-Androgen Monotherapy \(Casodex alone\)](#) * Mark Scholz, MD, 2010
- [An Unconventional Journey](#), John Mullineaux, 2015
- Video – [Proscar/Avodart + High Grade PCa](#) Charles ‘Snuffy’ Myers, MD 2013
- Video – [Proscar Vs Avodart](#) Charles ‘Snuffy’ Myers, MD, 2010
- Video – [Avodart in Depth](#) Charles ‘Snuffy’ Myers, MD, 2013
- Video – [Avodart + PSA-Only Recurrent PCa](#) Charles ‘Snuffy’ Myers, MD, 2013
- Video – [More on Avodart for Prostate Cancer](#) Charles ‘Snuffy’ Myers, MD, 2015
- Video – [Continuous V IHT \[Intermittent\] for PCa](#) Charles ‘Snuffy’ Myers MD, 2012
- Video – [IHT \[Intermittent Hormone Therapy\] & PCa](#) Charles ‘Snuffy’ Myers MD, 2011
- Video – [Slowing Pca Growth](#) Charles ‘Snuffy’ Myers MD, 2016
- [Dr E David Crawford on Firmagon \(degarelix\)](#), 2011
- [Degarelix \[Firmagon\], no more Agonizing](#) Jeff Turner, MD, 2010
- Video – [Administering Degarelix \(Firmagon\)](#)
- [Clarifying Concepts: Every Drug has 2 Names](#) Jan Manarite, 2015

Side Effects

- [Treatments Options for Post-Prostatectomy Incontinence](#) – Gary Leach, MD, 2014
- [Were You Prepared for Incontinence After Prostate Cancer Treatment?](#) Sarah Woodward, 2013
- [A Patient's Story: Overcoming Incontinence,](#) Harvard Health, 2007
- Video – [Dr Ash Tewari on Incontinence after RP \[surgery\]](#), 2011
- Video – [Incontinence after Surgery & Radiation](#) – Charles 'Snuffy' Myers MD, 2010
- Video – [Managing Radiation Side Effects](#) Charles 'Snuffy' Myers, MD, 2011
- Video – [Erectile Dysfunction and Radiation](#) Charles 'Snuffy' Myers MD, 2010
- Video – [Misunderstanding about Viagra, Levitra, and Cialis](#) Charles 'Snuffy' Myers, MD, 2011
- Video – [Fixing Impotency](#) – Charles 'Snuffy' Myers MD, 2010
- Video – [Insomnia & PCa](#) – Charles 'Snuffy' Myers MD, 2012

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