

PSA Stable

If you are on hormone therapy, and doing well with a stable or dropping PSA, congratulations. However, many men are unaware of the option of intermittent hormone therapy, the benefits of a heart-healthy lifestyle, or are dealing with frustrating side effects which seem to have no solution. Some men aren't sure if they should work with their current physician, or seek a second opinion from another type of prostate cancer doctor.

This section is intended to help you with all of these issues.

Articles & Videos

- Video – [Continuous V IHT \[Intermittent\] for PCa](#)
Charles 'Snuffy' Myers MD, 2012
- Video – [IHT \[Intermittent Hormone Therapy\] & PCa](#)
Charles 'Snuffy' Myers MD, 2011
- [Changing Your Lifestyle Can Change Your Genes](#)
Dean Ornish MD, 2011
- [Which Doctor When?](#) Jan Manarite, 2015
- [Men Who Speak Up: An Awareness Campaign from Survey Results](#) Jan Manarite and Rick Profit, 2015
- [The Importance of Belonging to a Support Group](#)
Gene Van Vleet, 2011

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

- [Changing Your Lifestyle Can Change Your Genes](#) – Dean Ornish MD, 2011
- [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 ?](#)

Side Effects

- [Bone Health & PC: Understanding Your Risk of Osteoporosis](#) Jan Manarite, 2015*
- Video – [Targeting Side Effects from Hormone Therapy: What Helps?](#) Tracey Thomas, ND, 2014
- [Androgen deprivation therapy side effects improved somewhat with exercise](#), 2013
- Video – [Memory & ADT for PCa](#) Charles ‘Snuffy’ Myers MD, 2012
- Video – [Bone Loss & ADT](#) Charles ‘Snuffy’ Myers MD, 2011
- Video – [Building Muscle While on ADT for Prostate Cancer](#) Charles ‘Snuffy’ Myers MD, 2011
- Video – [Sex on Hormonal Therapy](#) Charles ‘Snuffy’ Myers, MD 2010
- Video – [Hormonal Therapy and Your Marriage](#) Charles ‘Snuffy’ Myers MD, 2010
- Video – [Insomnia & PCa](#) – Charles ‘Snuffy’ Myers MD, 2012
- Video – [Socializing, Aging, and PCa](#) Charles ‘Snuffy’ Myers MD, 2011
- Video – [Exercising, Aging, and PCa](#) Charles ‘Snuffy’ Myers MD, 2011
- Video – [ADT When You’re Over 80](#) Charles ‘Snuffy’ Myers, MD, 2011
- Video – [Over 80? Managing Your PCa](#) Charles ‘Snuffy’ Myers MD, 2012

*Owned and originally posted by PCRI.ORG