

Steve Hentzen Story

During a routine physical, my physician ordered standard tests for a 46-year-old male, including a prostate-specific antigen (PSA) test. I felt fine, but my PSA level was high, which can indicate cancer. After additional tests and consultation with several specialists, I was diagnosed with Stage IIC prostate cancer and had surgery to remove my prostate. My PSA went from 19 to 0.07, but 0.00 is optimal. We decided against more treatment and to monitor my PSA. A year later, my PSA began to rise and I opted for eight weeks of “salvage radiation,” targeting where the prostate used to be. My PSA went down again and we continue monitoring every six months.



Before my diagnosis I was overweight, smoked and didn't work out. A friend motivated me to get healthy and now I'm fit and feeling great. Typically, guys don't talk about this disease, but it's not healthy to keep it in. I joined a support group, which eventually led to formation of Prostate Network (www.ProstateNetwork.org), a grassroots organization of survivors and partners to raise awareness and spread hope.

Much research is being conducted around prostate cancer, and it is our fervent hope that national consensus on screening and treatment guidelines will soon be a reality. Without consensus, it is critical to raise public awareness and for healthcare providers to explore screening options with patients. Early detection and targeted treatment is vital to successfully fighting this disease.

My PSA is still not at 0.00 and there is some fear associated with that but I channel my emotions into helping others. Through this journey, I've developed true appreciation for life and I focus on what's important – enjoying every minute of every single day, surrounded by the people who matter most.