

Oddur Benediktsson(050637-2129) - prostate timeline

Date	Activity	Outcome
06/12/05	Stefán Matthiasson - hgsel -GP - Examination	
	DRE	Suspects lumps
	Domus Medica X-ray of lungs	Fine
05/12/05	hgsel - blood samples taken	
	PSA	136,6
15/12/05	Geir Ólafsson LSH urology	
	DRE	Lumpy
	core-needle biopsy	adenocarcinoma (glaeas. 3+4 = 7) in both lobes.
	T stage	T2C
	N stage	N1
	M stage	M0
	Gleason Rating	3+4 = 7
18/12/05	Start herbal diet additive derived from Angelica archangelica	Angelica http://www.sagamedica.is/ SagaPro
21/12/05	LSH hospital	
	Isotope bone scan	Neg.
	CT X-ray abdomen	Posit one itiac lymph node (2 cm diameter) and smaller paraaortal nodes all on the left side
	X-ray of lungs	Neg.
03/01/06	LSH blood sample taken	
	PSA	139.8
06/01/06	GÓ interview	
	Treatment: Hormone therapy	Casodex (antiandrogen) 50 mg /daily x30 from 4.1.06 Zoladex (LHRH agonist) injection / 90 days start 11.1.06
	GÓ survival assessment:	
	Survival without treatment	not good
	Survival with treatment	considerably improved
06/01/06	Start diet a la Jane Plant: No dairy products...	Jane Plant. Prostrate cancer - understand, prevent and overcome. Virgin Publishing Ltd., 2004
06/01/06	Stop herbal diet additive derived from Angelica archangelica	
18/01/06	Got upset stomach (24 hours) much wind and pain - took soy beans and bread "out" of the diet	
22/01/06	Started to take again herbal	SagaPro (Angelica) tablets one a day

22/01/06	Weight lost	Weight has reduced from 86 kg in December to 84 kg
25/01/06	Blood sample taken at BSP	
	PSA	93.4 microgr/liter
	IGF-I	232 microgr/liter normal range 60-300
27/01/06	Food additives	Omega3 / codliver oil alternative days Agelica in morning + SagaPro at night Multivitamin + Spiroline 2 tablets
	Diet - maintain strictly none dairy and beef a la Plant	
01/02/06	Stay at Hveragerdi Sanatorium	Maintain none-dairy diet - soy: milk, yogurt, spread Vegetarian diet fish twice a week Dr. Hu - acupuncture will not help
07/02/06	Stop taking herbal food additive	SagaPro Angelica
21/02/06	Blood sample taken at LSP	
	PSA	2.0 (NORMAL < 4.0)
	IGF-I	447
24/02/06	GÓ interview	Discussion of prospects, continuation and possible side effects. Hormone treatment to be continued.
07/03/06	Diverticulosis heavy - bleeding (reoccurrence from 2001 that also resulted in hospitalisation)	Into LSP emergency - prelim colonoscopy inconclusive Moved to BSP. 7-10 Mar - liquid diet 9. bleeding stopped, colonoscopy => diverticulosis
		Treatment: "Salt water" transfusion 3 bags 9 Mar blood transfusion one bag Calcium supplement tablets Blood status from 150 on 7 Mar to 93 on 9 Mar up to 108 on 10 Mar
07/03/06	Stopped taking Casodex	Validated by GÓ
	PSA	0,5 - (Blood sample taken at LSP)
17/03/06	Blood sample taken at hgsl	
	PSA	0,3
	IGF-I	341
17/03/06	Start to take Zyflamend herbal capsules	Stopped 1.4 as tablets were finished
27/03/06	Kidneys sonar	"Result good"
03/04/06	Blood sample taken at hgsl	
	PSA	0,1
	IGF-I	461
05/04/06	GÓ Zoladex injection	2nd injection

06/04/06	Jón Hrafnkelsson LSH Cancer	Consultation about PCa status and medication
07/04/06	Professor Hrafn Tulinius	Discussion about PCa epistemology
11/04/06	Resume taking Zyflamend herbal capsules	Dispatched through web sale from UK 14 March and finally cleared through Icelandic customs
27/05/06	Blood sample taken at hgseI	
	PSA	Was not measured
	IGF-I	420
20/06/06	Blood sample taken at LHS	
	PSA	0,24
	IGF-I	327
23/06/06	Srefan Matthiasson - consultation	
	Blood pressure	170/90
11/07/06	GÓ Zoladex injection and consultation	3rd injection
13/07/06	MRI scan of abdomen (Doctor Agusta Andresdottir)	Lymph node laterally left of arteria iliaca communis is reduced considerably from CT scan d. 21/12/05. Measures now 8mm diameter was 19mm before. Is now within reference limit. No other lymph nodes observed of increase size. Considerable diverticulosa in colon.
17/07/06	Blood sample taken at LHS	
	PSA	0,28
	IGF-I	388
08/08/06	Resume taking herbal food additive for 2 weeks	SagaPro Angelica
		http://www.sagamedica.is/
24/08/06	Blood sample taken at LHS	
	PSA	0,28
	IGF-I	395
02/10/06	Blood sample taken at HseI	
	PSA	0,43
	IGF-I	449
10/11/06	Blood sample taken at HseI	
	PSA	0,59
	IGF-I	#N/A