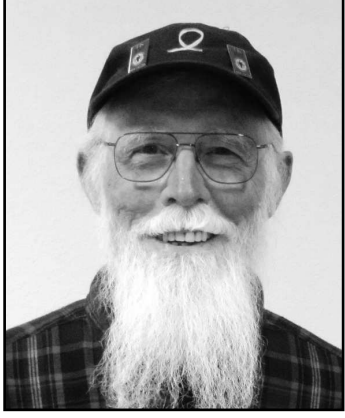


# Community Voices

## Us TOO Florence

### My Prostate Cancer Journey — Hyperbaric Oxygen Therapy (Part 2)



By BOB HORNEY  
CANCER SURVIVOR

Following is part of a series of true personal stories about men's experience with prostate cancer. These men tell their stories with the hope that they will help someone else traveling the same road.

Oct. 4 was the final trip Marianne and I made to the McKenzie Wound Center for my Hyperbaric

Oxygen Therapy. After 40 round-trips totaling more than 4,600 miles, it was a relief to be finished.

The first thing I learned was to be patient and understand that this process of rebuilding the blood vessel system in my bladder was not going to be done in a day. And, after rebuilding that system, actual healing of the damaged bladder tissue was going to take even longer.

So, where am I after 40 treatments?

After escaping the chamber for the final time, I had a chance to chat with Mick, one of the HBOT nurses. He had spent the day at McKenzie-Willamette reviewing cases and had asked specifically about me — not wanting me to leave disappointed for lack of results following the 40 treatments.

The message he brought to me was short and promising:

My bladder has now been re-vascularized thanks to 40 treatments, 60 hours of pressurized 100 percent oxygen, and the next three months will see my bladder's healing take place.

Just to clarify: Re-vascularization simply means my bladder has received a new blood supply (new capillaries) replacing those that were destroyed by radiation treatment.

One of the brochures I picked up at the Wound Center explains it this way: "HBOT improves circulation and stimulates the growth of new blood vessels."

Now that I have the blood vessels to carry oxygen to the wounded area of the bladder - Let the healing begin!

Yes, I'm optimistic that by the year 2018, I will be noticing some pretty dramatic changes in my return to continence. I have already noticed some subtle changes that are most likely

a result of getting blood to my damaged bladder. I'm sure that as the new capillaries have been formed, they have been sneaking some oxygen to the wounded area.

I have been keeping a nighttime voiding schedule since Aug. 15 and it clearly shows an increase in the blocks of uninterrupted sleep I am getting. I had nine nights of getting up just once and lots of three-, four- and five-hour blocks.

More sleep has definitely raised my daytime energy level — thank you very much!

Another delightful result has been a near total elimination of the sudden urges "to go." I found sometimes during the drive (to Eugene) that even though my body suggested, "Stop at Veneta," I could press on to the Wound Center on West 11th Street.

Occasionally, when I exited the car, I headed right for the

restroom. But not always.

There is still a noticeable difference of how much urine my damaged bladder will tolerate between sitting and standing. I expect it to remain that way for a while, but with my entire bladder having a new blood supply, I do expect to see that difference diminish during these upcoming months.

To me, having HBOT available for my radiation-damaged bladder was an excellent example of "right time, right place."

This treatment has generated new blood vessels to replace those that have been damaged beyond use. Those new blood vessels are now carrying life-giving oxygen to heal the oxygen starved tissue.

By healing the damaged tissue, I am regaining a very meaningful (and critical) quality of life.

I asked Dr. Lisa Emond, the on-site HBOT trained doctor, if

I could have been referred to the Wound Center sooner. Her response was ... probably not, because most insurance companies require patients to exhaust all other remedies prior to acceptance for HBOT.

My insurance company did that with anti-spasmodic meds that Dr. Mehlhaff was prescribing for me — start with the cheapest and work my way up — and they all had to fail.

Many men respond successfully to these meds.

I didn't. My bladder damage was simply too extensive for the meds to overcome.

My care was right on! Dr. Mehlhaff worked through eliminating the ineffective meds and Dr. McKimmy, upon further examination of my bladder, referred me to HBOT.

I knew I was in good hands.

## NATURAL PERSPECTIVE —

### Uninvited guests



By EMILY J. UHRIG, PhD  
Special to the Siuslaw News

It's October and, as Halloween beckons, thoughts may turn to all sorts of creepy crawlies. With the cooler fall weather many such critters seek shelter in warmer places, including our homes.

Particularly common guests setting up residence alongside us are the harvestmen, also aptly known as "daddy long-legs" thanks to the eight elongated, delicate legs of many species.

If humans had a body size to leg length proportion like that of harvestmen, our legs would be about 40 feet long!

Although harvestmen are

sometimes called harvest spiders and some spiders may be colloquially called daddy long-legs, the true harvestmen are not spiders at all and are actually more closely related to scorpions.

Unlike spiders, which have distinctly constricted waists and typically eight eyes, harvestmen have compact, oval-shaped bodies and only two eyes. As harvestmen lack silk glands, they don't weave webs; this is a good way to tell them apart from their spider doppelgangers.

Oregon is home to several harvestmen species including the impressively named *Cryptomaster behemoth*, a species found in the Umpqua National Forest and first

described in 2016. The "behemoth" moniker is in reference to its large body size relative to other harvestmen; its body is still less than a quarter of an inch long.

Contrary to urban legends, harvestmen have no venom or fangs and are harmless to humans. Indeed, as they eat insects, they're generally considered beneficial. If harassed, harvestmen secrete pungent-smelling defensive chemicals.

Their second line of defense is more extreme: the voluntary detachment of a leg. The isolated leg continues twitching, sometimes for up to an hour, to distract the would-be predator while the harvestman escapes. The lost leg will not grow back.

As you might imagine, los-

ing legs is costly and individuals missing several can have reduced mobility. However, it's fairly common to see persevering harvestmen ambling along on only four or five legs, a feat they accomplish by adapting their way of walking.

If you're hosting harvestmen in your home this fall, they may not be invited guests, but they are harmless and might even rid you of a few insects. When you see a harvestman, it may be tempting to squash it, but if it has fewer than eight legs, it's already been through a lot — so consider giving him a respite.

Perhaps you could consider them free Halloween decorations; they may add a certain authenticity to the holiday vibe.

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