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September 10, 2017
Lincoln Park

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SEA
Stories

*A Personal Experience from Dave Fogel,
K-Hits 104.3 FM Radio Personality
and Prostate Cancer Warrior*

How much did you know about prostate cancer before your diagnosis?

I didn't know a thing! I had no idea where or what a prostate was! (I know too much now!)

Can you tell us about your diagnosis and treatment?

I had a typical PSA test with my annual physical that detected my cancer. We watched my levels for nearly two years before a biopsy confirmed it. A few months later we scheduled the surgery to have my prostate removed.

How did you decide upon your method of treatment?

A lot of factors have to go into the treatment decision, everyone is different. I had to do what was best for me at my age, among other things. It turned out that I definitely made the best decision, my cancer was aggressive.

Do you have a support system in place?

My wife Melanie was by my side every step of the way.

Tell us about the importance of your wife and her role in the process...

My wife was my 24-hour at-home nurse and always there for me to lean on, literally at times. There were a couple of bad days. She made sure I got through them...

What motivated you to speak up to raise awareness about prostate cancer?

Men need to know about this! I didn't know anything! I'm a guy that goes to the gym everyday and eats right, I shouldn't have this disease! But early detection saved me. Guys need to know how simple it can be to find out.

Going public with your personal story to help others took a lot of courage. Were you initially apprehensive about sharing your experience? And, if so, how did you get past that?

My life is pretty public, working on the radio. I don't mind telling my story at all, it's been my career sharing personal things. This was MUCH more personal than anything I've ever talked about, but it had to be told.

A [recent news piece](#) showed you broadcasting your K-Hits 104.3 FM radio show from your home while you recovered from surgery. Can you tell us about how that went?

I'm not sure how bright I was not taking ANY time off for recovery. I wasn't sleeping well anyway, so I figured I would just get up and work. I needed my rest, but doing my job playing music on the radio was good therapy too. I was shooting for "Employee-of-the-Month" and a free lunch from the boss...

What kind of reaction have you had from your fans? Have you heard from any fellow prostate cancer survivors?

My listeners have been great. A bunch of guys let me know that they were getting PSA tested, and even followed up with their results. Everyone asks how I'm doing, I get a little embarrassed, it's very thoughtful, I don't want anyone to worry about me.

What song would you choose to describe how you felt when you were first diagnosed?

“Don’t Do Me Like That” from Tom Petty and the Heartbreakers. I was sure they had the wrong guy, I couldn’t have cancer...

What song would you choose to describe how you are feeling now?

“Happy” by Pharrell Williams. I’m six months past my surgery and I’m fine!

What would you tell someone else that has been recently diagnosed with prostate cancer?

Don’t panic, you have options. Do what is best for you and listen to your doctors. It’s not that tough to get past this. Be strong!

What impact do you hope to have through your participation in the SEA Blue event?

There’s SO MUCH confusion about prostate cancer, I just want awareness for everyone. Early detection is with a simple blood test! EASY!

We are pleased you will be joining us at SEA Blue this year. Thank you.

To join Dave’s K-Hits SEA Blue team, visit www.seablueprostatewalk.org and select Team K-Hits when registering.

