

## PORTUGAL

### *António (prostate cancer)*



79 years

I am a retired General of the Portuguese Army. All my life - as a reflex of my long military carrier – I have been a “fighter” and when my prostate carcinoma was diagnosed almost 18 years ago I decided to keep fighting - against the cancer then. But it was a very shocking surprise to me because it arrived silently without any warning or signal. With the advice of my urologist I opted for the hormone therapy and until short time ago I had a very good QOL. Right now I am facing the worsening period of the disease. But I am still fighting ...as always! My advice: “Fight” against cancer yourself !