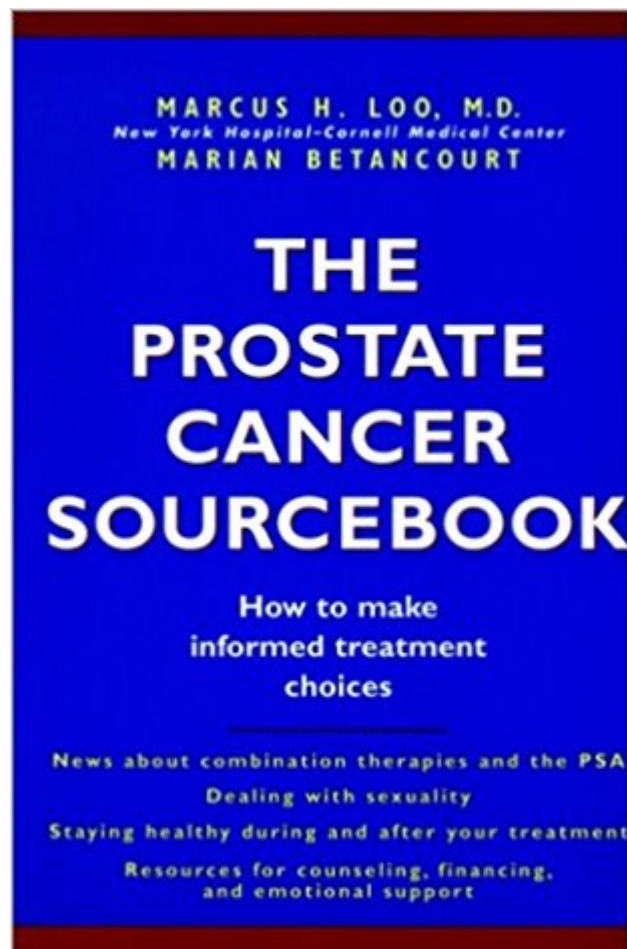




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# The Prostate Cancer Sourcebook: How To Make Informed Treatment Choices



## Synopsis

From one of the nation's leading specialists, everything you need to know to make the decisions that are best for you and your loved ones. While early detection can be critical, today, thanks to more sophisticated surgical techniques, state-of-the-art radiation technology, and improvements in drug therapy, the fight against prostate cancer has progressed dramatically. Because prostate cancer has a unique profile in each patient, no one treatment is right for everyone. In *The Prostate Cancer Sourcebook*, a leading specialist from the New York Hospital-Cornell Medical Center provides the essential information you need to better understand your or your loved one's individual diagnosis, and make knowledgeable, individualized choices. Here, in clear, concise language, is expert advice on: Risk factors—family history, age, race, environment, and diet. Diagnostic tests—basic screening tools, the DRE (digital rectal exam), and the PSA (prostate specific antigen) breakthrough. Treatment options—what to expect from surgery, the different kinds of radiation, and hormonal therapy. The right physician and the right treatment center—getting more than one opinion; surveying locations, HMOs, managed care, and your financial aid options. Emotional support—sharing the decisions with your family; dealing with depression, anger, and stress. Recovery—staying healthy after prostate cancer: sexuality, diet, and exercise. Key questions—what you should ask when and why.

## Book Information

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## Customer Reviews

Everything patients and their loved ones need to know to deal with the disease. Millions of men will

eventually develop prostate cancer. What's more, as a result of the new PSA (Prostate Specific Antigen) blood test, men are becoming aware of prostate problems earlier than ever. This patient-friendly resource helps those diagnosed with the disease understand exactly what their particular diagnosis means, so that they can make informed choices about the many treatment options.

From one of the nation's leading specialists, everything you need to know to make the decisions that are best for you and your loved ones. While early detection can be critical, today, thanks to more sophisticated surgical techniques, state-of-the-art radiation technology, and improvements in drug therapy, the fight against prostate cancer has progressed dramatically. Because prostate cancer has a unique profile in each patient, no one treatment is right for everyone. In *The Prostate Cancer Sourcebook*, a leading specialist from the New York Hospital-Cornell Medical Center provides the essential information you need to better understand your or your loved one's individual diagnosis, and make knowledgeable, individualized choices. Here, in clear, concise language, is expert advice on: Risk factors--family history, age, race, environment, and diet Diagnostic tests--basic screening tools, the DRE (digital rectal exam), and the PSA (prostate specific antigen) breakthrough Treatment options--what to expect from surgery, the different kinds of radiation, and hormonal therapy The right physician and the right treatment center--getting more than one opinion; surveying locations, HMOs, managed care, and your financial aid options Emotional support--sharing the decisions with your family; dealing with depression, anger, and stress Recovery--staying healthy after prostate cancer: sexuality, diet, and exercise Key questions--what you should ask when and why

This book reflects the work of both a good doctor and a good writer. It describes the complicated world of prostate cancer well and, as best we could tell, pretty objectively for a urologist. An excellent resource for those just diagnosed and trying to make a decision. Some of the info may be a bit dated, though--by the time any writing is a book, it's not the latest, so read other sources on the Internet and elsewhere as well. Also recommended: Patrick Walsh's (for surgery) and Bob Arnot's books (for diet), *The Prostate Miracle* for info on whole-body, building-immunity approaches.

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