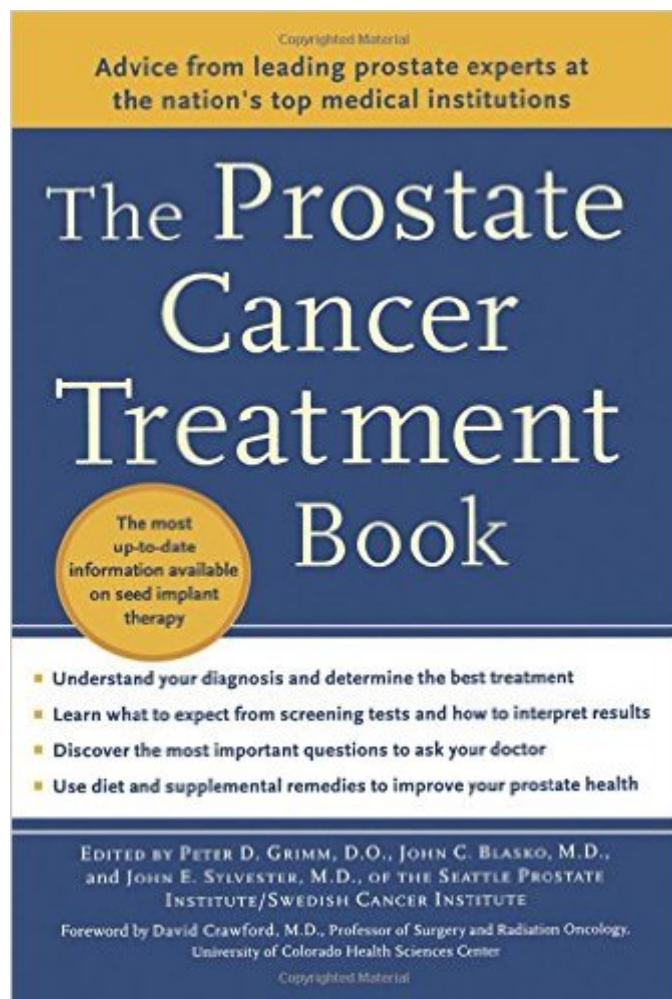


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# The Prostate Cancer Treatment Book



## **Synopsis**

The latest and most progressive treatment advice from prostate cancer experts at the nation's top medical centers For each of the nearly 200,000 Americans diagnosed with prostate cancer annually, the months following the diagnosis are a time of momentous decisions and enormous emotional strain. This book offers readers complete answers to all their questions about the best treatment options for fighting and beating prostate cancer. Bringing together the insights and expertise of 21 of the nation's top prostate cancer specialists from the Mayo Clinic, Harvard Medical School, Memorial Sloan-Kettering, the Seattle Prostate Institute, and other leading treatment centers, The Prostate Cancer Treatment Book provides: Expert information on all treatment options, including surgery, hormonal treatment, external beam radiation, and more In-depth coverage of radioactive seed implantation therapy, the most promising new treatment currently available Real-life accounts of dozens of men who beat prostate cancer

## **Book Information**

Paperback: 272 pages

Publisher: McGraw-Hill Education; 1 edition (January 5, 2004)

Language: English

ISBN-10: 0071422560

ISBN-13: 978-0071422567

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (10 customer reviews)

Best Sellers Rank: #331,777 in Books (See Top 100 in Books) #27 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #29 inÂ  Books > Health, Fitness & Dieting > Men's Health > Prostate Health #318 inÂ  Books > Health, Fitness & Dieting > Men's Health > General

## **Customer Reviews**

I wish this book had been available when I was diagnosed with prostate cancer in 2003. Like many men who suddenly learn they have prostate cancer, I had a thousand questions and spent countless hours searching the Internet and libraries for some answers. This newly-published guide will greatly reduce the emotional turmoil of men (and their loved ones) who are anxiously seeking information about prostate cancer and the choice of treatments to fight this life-threatening disease. This book has a unique question-and-answer format. The questions -- from patients just like

me -- are answered by nearly two dozen doctors from all across the U.S. who are experienced, up-to-date experts in the diagnosis and treatment of prostate cancer. This impressive 224-page compilation is the creation of the Drs. Peter Grimm (no relation), John Blasko, and John Sylvester, principal physicians at the renown Seattle Prostate Institute, and pioneers of radioactive seed implants to combat prostate cancer. All the basics are covered in this book -- from PSAs to prostate biopsies -- as well as side-effects such as incontinence and sexual dysfunction during and after the various treatments, whether surgical removal, radiation, or hormone therapy. Especially welcome (and difficult to find elsewhere) is information about the effects of certain vitamins, dietary supplements, and foods on the prostate in regard to cancer. A brief but very worthwhile chapter deals with the ways wives or partners can assist their men who are fighting prostate cancer. Also valuable in helping you find the best physician to treat you is a chapter entitled "What Should I Ask My Doctor?" Data from scientific studies is included where meaningful, but you are not overwhelmed by statistics (which soon become dated because of ongoing improvements in prostate cancer treatments). This is the ideal and easy-to-read "first" book for any man who learns he has prostate cancer. It's also perfect for anyone seeking information who is a family member one or knows someone with prostate cancer. Also, I've personally found it of great use for knowing what to anticipate in the months and years ahead after my recent (and, so far, successful) treatment for prostate cancer.

This book is the best I've seen on seed implant therapy, enabling patients to understand it, and answering questions. That's not surprising as the editors, who also co-author several chapters, are among the national leaders in implementing and researching this technology. The book also takes a comprehensive look at other therapies, with leading doctors contributing. Its viewpoint and language are patient-friendly. However, there are a few areas where the coverage is thin. As veteran of intermittent triple androgen deprivation, now a five year survivor, I would have liked more on blockade as a pre-and post-therapy booster, mentioning tradeoff decision tools like the Kattan nomogram from Memorial Sloan Kettering. While Proscar was described as sometimes causing ED problems, the book did not mention that usually it does not, even increasing testosterone often when used without the heavy-duty blockade drugs. The book does not mention blockade as primary therapy, but this is understandable as that has not yet been extensively documented. A good chapter on nutrition and supplements does not note several sobering, cautionary studies on use of flaxseed oil. It also effectively brushes off selenium, omitting persuasive evidence of safety at 200 mcg, and not noting that large areas of the country are deficient in this key nutrient. It does not

capture late-breaking studies that have further emphasized the role of lycopene, likely due to press deadlines. However, these are relatively minor matters for a book that will be a great help to many patients and their supporters. I would strongly recommend this book, especially the chapters on seeds.

While this book covers all aspects of prostate cancer, it focusses heavily on seed implantation. Its a great resource for this. I've been treated by one of the authors in Seattle. This book can help you evaluate different treatment options with the up-to-date facts.

This book is a good primer for those who need to read this book. It prepares the patient, spouse or friend with the basics for asking good questions and understanding what some of the many choices are. From test results to therapies, I gained a better understanding of what is involved and what needs to be considered in the patient's decision.

Several years ago I experienced the the Prostate Cancer situation and bought the book later. I really wish I had found this earlier so I could have learned what to expect. I now refer this book to my friends who are facing this dreaded problem.

Hearing those words "you got cancer" is sure to knock anyone back off their chair. Pick yourself up off the floor and read. My oncologist warned me to stay away from the Internet. Yes, it's full of good resources but every one of the horror stories a man has experienced is shared there. Prostate cancer is scary but it doesn't need to be a horror story. This book outlines most of what is known about the prostate and prostate cancer and many of the treatments available. It is written by a radiologist so just keep in mind there may be a slight bias towards radiation therapy. It doesn't need to be read cover to cover, just find the chapters that are applicable to your life. I was thankful I read this book and have since passed it on to others for their journey. Ultimately, I chose surgery to remove the beast inside me but Dr. Grimm's book was very helpful in guiding me to make the decision that was right for me. ~ Survivor, Class of '09

This is an excellent book written in layman terms. It gives a good overview of the various prostate cancer treatments. If there is a bias, it leans towards the "seed treatment".

Thoroughly informative and covered all important considerations. Would recommend to any male

whose PSA is climbing and has BPH. Several contributing xperts author the book.

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