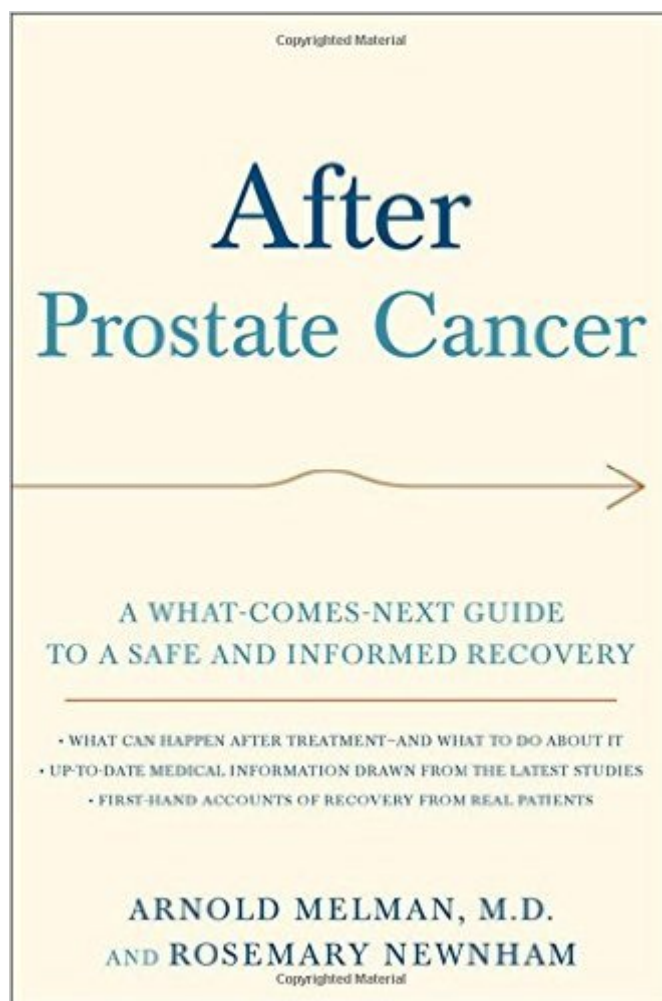


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# After Prostate Cancer: A What-Comes-Next Guide To A Safe And Informed Recovery



## Synopsis

Men who have completed prostate cancer treatment often find themselves facing new challenges and setbacks that do not necessarily recede along with the cancer. Many books endeavor to explain the different types of prostate cancer treatments, but most conclude once a treatment choice has been made, offering readers little in the way of guidance through the challenges of the post-treatment period. *After Prostate Cancer: A What-Comes-Next Guide to a Safe and Informed Recovery* picks up where those books leave off. Dr. Arnold Melman, Chair of the Department of Urology at the Albert Einstein College of Medicine, offers a thorough description of what the prostate cancer recovery process is like and what readers can do to move themselves through recovery to the best possible health and long-term prognosis. Giving detailed explanations of what to expect and why based on diagnosis, treatment methodology, and other variables that make each man's post-treatment experience different, Dr. Melman offers strategies for mindfully and healthfully approaching post therapy issues, including confronting PSA measurement, erectile dysfunction, urinary incontinence and psychological issues that are a common result of living through prostate cancer and treatment. Sharing the experiences of other prostate cancer patients in addition to accessible explanations of the available medical literature, Dr. Melman helps readers and their partners to get the best information, make the most informed decisions, feel comfortable with those decisions, and work through issues as they arise. Treatment is only the beginning of getting back to a healthy life after a diagnosis. *After Prostate Cancer* offers the best information to help readers with everything that comes next."After Prostate Cancer offers readers order who are often faced with chaos. Melman and Newnham have written an informative guide for the recovering prostate cancer patient."--Mani Menon, M.D., The Raj and Padma Vattikuti Distinguished Chair and Director, Vattikuti Urology Institute, Henry Ford Health System "Now the hundreds of men who have benefitted directly from Dr. Arnold Melman's compassionate care for prostate cancer will swell into the thousands as the readers of this book take home his wisdom and sound advice. The information he provides is straightforward and practical, including both medical and emotional sides of the experience. This book is a welcome addition to the self-help library for prostate cancer survivors."--Leslie R. Schover, Ph.D., Professor of Behavioral Science, University of Texas MD Anderson Cancer Center"This book summarizes the field of recovery after prostate cancer perfectly for the patient and his family. The authors cover all the topics that patients who have undergone treatment want to know about, including how to manage side effects. The text is readable and the information is imparted in an easy-to-understand style. I recommend this book to patients, their loved ones, and anyone else who has been affected by a prostate cancer diagnosis."--Ashutosh K.

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Weill Cornell Medical College

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## Customer Reviews

What is clear in "After Prostate Cancer" is that Arnold Melman is part research scientist, part old-fashioned doctor. The old-fashioned part only means that, as in the days before HMOs and the like, doctors took the time needed to counsel patients giving them a range of ideas. "After Prostate Cancer" personifies Arnold Melman by giving the reader up-to-the minute scientific news and also laying out a range of treatments for both the cancer and also for the very possible side-effects of either the surgery or the radiation treatment. The reader of this book is not likely to be picking it up just to satisfy a random interest, but because the reader or a beloved friend or relative has cancer or has had the treatment (with side effects). As such, in what is a terrifying episode for most men and partners, Dr. Melman also does a superb job calming the reader (aka patient) with commonsense insights and the best of his significant medical experience.

As the partner of a survivor of prostate cancer, I highly recommend this book and wish that I had purchased it when we were deciding on treatment options rather than months later. However, since both the emotional aspects of the disease and the physical realities following treatment are so effectively discussed, buy this book no matter where you or your loved one are in the process of deciding on treatment or at any point following - you won't regret it. "After Prostate Cancer" looks at the physical, mental and emotional aspects of prostate cancer and is co-written in an accessible

manner by a urologist with 40 years of experience treating prostate cancer and erectile dysfunction together with a professional writer. This is the first book I've come across that views treating men affected by prostate cancer holistically. The emotional aspects of prostate cancer for the man dealing with the disease and the after-effects of treatment for those surrounding him are underplayed in most of the literature I had read until finding this excellent book. I can't recommend it highly enough both for men dealing with prostate cancer and for those who love them. In fact, doctors and other health professionals would do well to be aware of this book so that they could recommend it to patients and their families.

After Prostate Cancer is a must read for anyone interested in learning the facts about dealing with prostate cancer. In a very clear manner Dr. Melman defines the disease from diagnosis to the various treatment options as well as the side effects that one might encounter depending on the treatment selected. I found the book to be an "easy read" and most informative and I highly recommend it to anyone seeking insightful answers to difficult questions and a clearer understanding of how this disease affects us and choices we can make to improve our lives. Reviewed by Stephen Byrwa

This book is a "must have" for anyone who is about to undergo or has gone through prostate cancer treatment. This book tells it like it is and what to expect and I wish that I had read it prior to the hours of research I did on the internet which only gave me outdated and conflicting information prior to my surgery. The book provides clear, up to date medical information as well as first-hand accounts from men who have experienced different types and complications. read it!

I urge every adult (yes, both male AND female) to devour the contents of this amazing book on prostate cancer--a book which holds a wealth of information on everything from basics to recovery. Kudos to Dr. Melman who shares his wisdom and understanding in a way that is easy for the lay person to understand and appreciate.

This is a very good guide to those of us just learning we are affected by prostate cancer. It is helpful in having more intelligent conversations with your doctor by explaining the options and outcomes.

I had my Prostate out in 2009. I certainly wish I had read this book before my surgery. I don't think it would have changed what I decided to do, but it would have given me a lot more information than

my doctor provided. I thought that the book was very well written so that any layman could understand it and it was chock full of information I did not have before. I would strongly recommend this book to anyone having any prostate problems or as just general reading for information on the prospects of Prostate Cancer. After all as the saying goes, "...as you get older you either have prostate problems, or are going to have prostate problems. Thank you Dr. Melman for your understandable way of describing this problem and it's treatment along with any after effects.

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PROTONS versus Prostate Cancer: EXPOSED: Learn what

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