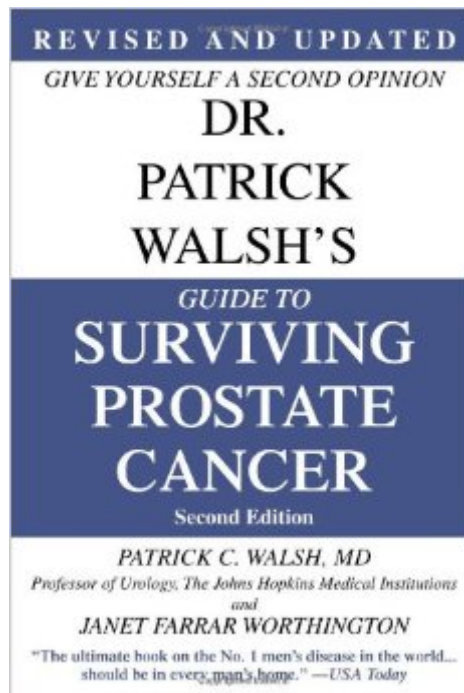


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# Dr. Patrick Walsh's Guide To Surviving Prostate Cancer, Second Edition



## Synopsis

EVERY MAN NEEDS THIS BOOK! Each year, more than 200,000 American men are diagnosed with prostate cancer. The good news is that more men are being cured of this disease than ever before. Now in a revised second edition, this lifesaving guide by Dr. Patrick Walsh and award-winning science writer Janet Farrar Worthington offers a message of hope to every man facing this illness. Prostate cancer is a different disease in every man--which means that the right treatment varies for each man. Giving you a second opinion from the world's top experts in surgery, pathology, urology, and radiation and medical oncology, this book helps you determine the best plan for you. Learn: What causes prostate cancer--your risk factors, including heredity, diet, and environment How some simple changes in your diet and lifestyle can help prevent or delay the disease Why the digital rectal exam and PSA test can save your life--and when to get these tests The latest treatment options: from Dr. Walsh's "nerve-sparing" radical prostatectomy to new radiation techniques, laparoscopic procedures, and new drugs that are revolutionizing treatment of advanced cancer The most effective methods for maintaining continence and potency after treatment. "The ultimate book on the No. 1 men's disease in the world...should be in every man's home." --USA Today "Comforting, encouraging...a must-read for women, men, and families...tells you everything you need to know." --Elizabeth Dole "Dr. Walsh is widely regarded as the nation's finest prostate surgeon...Very current...thoroughgoing primer on the disease, full of accessible but detailed explanations." --Washington Post Patrick C. Walsh, MD, the world's foremost authority on prostate cancer, is the Distinguished Service Professor of Urology at the Brady Urological Institute of The Johns Hopkins Medical Institutions in Baltimore, Maryland. Dr. Walsh was honored as the 2007 National Physician of the Year for Clinical Excellence by America's Top Doctors. Janet Farrar Worthington is an award-winning science writer.

## Book Information

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## Customer Reviews

If you've already gotten a PSA "score" of four-plus, the utility of this book will be to help you evaluate your treatment options pragmatically. There are no miracles being promised - no secret knowledge - beyond the miracle of modern scientific medicine. The tone of Dr. Walsh's writing, however, is fraternally supportive and optimistic without denying the gravity of your condition. My strenuous advice would be to read the book, at least to skim it, before your all-important visit to your urologist. You WILL have questions to ask, so they might as well be good ones. If you are a lucky guy who doesn't NEED such a book just yet, you're the very person who should read it. Evolution has made a serious botch of the prostate gland (speaking metaphorically, of course) and most men are living long enough these days to experience the woes of UNdesigned body parts. It's not entertaining reading. But it should be sufficiently uncomfortable to make you take the PSA testing schedule earnestly, and to consider such changes in your diet and life style as MIGHT help forestall the need to evaluate treatments. Dr. Walsh is not a preacher, but he does present evidence that the meat-centered modern diet is a factor in the humongous rate of prostate cancer in Europe and North America. If you are the spouse or partner of someone who suddenly needs this book, you WILL need to understand the 'situation' and this book will help you be helpful. You can get all the same data and all the same suggestions on-line, but Dr. Walsh's book winnows most of the chaff from the useful grain, plus it will save you and your Man from being the target of spam designed to make money from your dilemma or to persuade you of a point of view. Lots of doctors and lots of 'survivors' recommend this book, which has been updated this year. I haven't found anything more appealing, and I've looked.

This book is a must-read for anyone who has a prostate or knows someone who does! It provides complete, up-to-date information on all aspects of the prostate. The chapters are organized so that you can read the material that is most applicable to your situation. It answers any type of question that you may have - from prevention to the treatment of common prostate problems. The material is presented in a compassionate, caring way by a doctor who has dedicated his career to saving lives and to helping patients maintain their quality of life. Dr. Patrick Walsh is urologist-in-chief at Johns

Hopkins whose urology department was ranked #1 in the country in a recent U.S. News & World Report analysis. Dr. Walsh is also known for his pioneering work in the development of the anatomic approach to radical prostatectomy, which involves nerve-sparing techniques that have reduced the possibility of impotence and incontinence. This procedure is widely regarded as the "gold standard" for prostate cancer treatment. So, the information in this book is simply the best available material on this subject. Does the book always recommend radical prostatectomy surgery? Definitely not! It offers useful information on radiation -- both external-beam and radioactive seed treatments. It discusses the use of hormone treatments. It helps you sort out which procedure is right for your situation. It also covers basic information about the prostate, prostate enlargement and prostate infections. Perhaps most importantly, it provides tips on maintaining a healthy prostate and testing procedures for detecting prostate cancer. And if prostate cancer is caught early enough, the book emphasizes that it is completely curable. A must-read book for all men and for the people who care about them!

A friend dropped off the first edition of this book the evening I got my diagnosis of Prostate Cancer. I found the book to be informative and balanced, with very good medical information to guide my decision making steps. After consulting with two surgeons (where their individual recommendations were in total alignment with Dr Walsh's comments) I chose to have a robotic Radical Prostatectomy. This book prepared me for the surgery and has been an invaluable guide for my recovery. I bought several copies of the revised edition and have already given two of them to other people recently diagnosed with Prostate cancer.

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