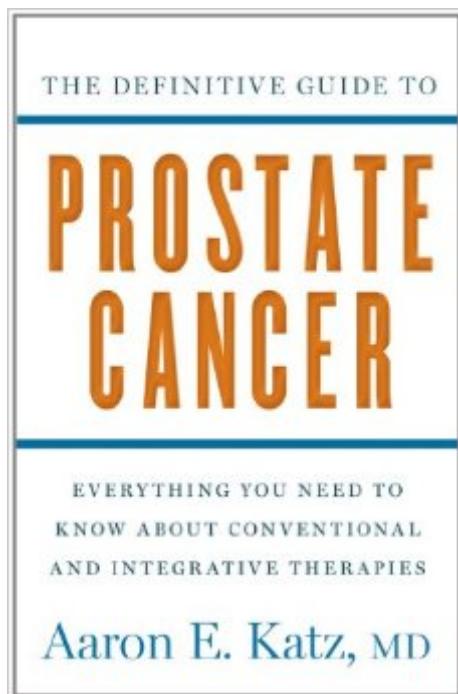


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# The Definitive Guide To Prostate Cancer: Everything You Need To Know About Conventional And Integrative Therapies



## **Synopsis**

The complete guide to coping with prostate cancer, with expert health advice for every man. This comprehensive handbook gives men the vital information they need to effectively navigate every step of dealing with prostate cancer. A newly diagnosed cancer patient faces a mind-numbing array of treatment options, including medical therapies that carry serious side effects. Determining the right course of action is an overwhelming task. In simple yet scientific terms, this book empowers readers with the tools they need to proactively fight cancer by making the most informed treatment decisions possible. With groundbreaking developments recently emerging in both conventional and holistic prostate cancer research, it is imperative that men fighting this disease have the absolute latest information. As founder and director of the Center for Holistic Urology at Columbia University, Dr. Katz is uniquely positioned to guide readers through the new practices and breakthrough treatment options for every stage of the battle with cancer, from prevention to postdiagnosis. One in six men will be diagnosed with prostate cancer in his lifetime, and countless families will be affected by this widespread but ultimately curable disease. Armed with Dr. Katz's expert guidance, patients will be equipped to actively participate in reclaiming their health and navigating this difficult diagnosis.

## **Book Information**

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## **Customer Reviews**

My urologist, Dr. Aaron Katz, has written a stellar book. Much more than a compendium of useful facts, his latest publication is a milestone in collecting, categorizing, and presenting the varied and

often elusive information on prostate cancer and other prostate ailments. For the newly diagnosed, it brings clarity to the breadth and depth of considerations that give patients solid ground on which to stand while making their decisions. For the previously treated (and often mistreated, sometimes horribly) he supplies new directions which join hope for the future with corrections (where possible) for the past. For the vulnerable (or "at risk" in medical speak), he provides clear directives on how to minimize, if not eliminate, the likelihood of incurring prostate cancer. For all, it reads with the same cadences of caring that I and his other patients hear when he counsels us. His task is not easy. Long known as the "great imposter" of malignancies for its elusiveness in diagnosis and the will o' the wisp character of its treatment methods, prostate cancer confuses as it frightens—often producing a paralysis of fear which can leave afflicted men vulnerably exposed to unsuitable treatments and totally unaware of better alternatives. Underlying all this, of course, are the twin major side effects of sexual dysfunction and urinary incontinence which provide non-stop anxiety attacks. The reader of this book will benefit enormously from the superb detail with which Dr. Katz walks you through the entire diagnostic process, letting you know what diagnostic procedures can and can't do, giving a truly clear description of PSA ambiguities, and sharing with you his thinking as a practitioner when faced with unclear symptoms and cloudy diagnostic information.

This book is well-written, and it contains an abundance of helpful information and advice about prostate cancer, its prevention and its treatment. The cover of the book announces that it is "THE DEFINITIVE GUIDE TO PROSTATE CANCER". That is just marketing puffery. Katz's book is certainly not a "definitive" guide. Dr. Walsh's book covers more topics and is much more detailed; in that respect, it is closer to being a "definitive guide". However, Katz's book provides a different perspective on the subject that complements Walsh's book quite well. I am pleased to have bought and read both of them. I don't think that anyone who is concerned with prostate cancer should consult only one source of information. The value of Katz's book lies particularly in his "integrative" approach to prostate cancer. By "integrative", he means a combination of modern, mainstream ("allopathic") Western medicine and alternative medicines (comprising many approaches, from acupuncture to yoga). Katz does not reject any particular approach merely because he favors another. While he tends to favor certain alternative approaches, he does not spurn mainstream medicines. There are situations, for example, when herbal medicine won't work and radical prostatectomy is the best option. So I do recommend Katz's guide to prostate cancer, but I would also recommend other books as well. There are important facts and advice regarding prostate cancer that I learned from other sources. Finally, I note that Katz recommends the herbal

supplement Zyflamend, made by a company called New Chapter.

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