

# MAINE COALITION TO FIGHT PROSTATE CANCER

## BIBLIOGRAPHY OF RECOMMENDED BOOKS FOR PROSTATE CANCER SURVIVORS & FAMILIES

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The following list of books has been recommended by prostate cancer survivors, caregivers, and health care professionals. We hope that you will find this list to be informative and helpful to you and your personal support team as you battle this disease. The books are in alphabetical order by title and reflect no preference. The \* indicates books that were recently added to the list. Books are listed in alphabetical order by category.

Please visit our website [www.mcfpc.org](http://www.mcfpc.org) for more information and resources.

### BOOKS DETAILING THE MEDICAL ASPECTS OF PROSTATE CANCER

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**A Primer on Prostate Cancer: The Empowered Patient's Guide** by Stephen B. Strum, MD and Donna Pogliano.

Phoenix 5 rates this book as the best reference book published on the topic of prostate cancer.

**Complete Guide to Prostate Cancer** by the American Cancer Society.

Written by a team of leading experts in the field, this comprehensive, easy to read guide delivers the facts everyone should know about prostate cancer.

**Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer** by Peter Scardino, MD.

Written in two parts, part one delves into the anatomy of the prostate, the second part deals with common questions and the final section deals with prostate cancer and various approaches to the disease.

**I Flunked My PSA!** By Ernie Bodai and Richard A. Zmuda.

What you need to know about prostate cancer. This book is an important first step on your road to recovery.

**Mayo Clinic on Prostate Health** by David Barrett, MD.

Answers on prostate inflammation, enlargement, and cancer.

**Oncolink Patient Guide: Prostate Cancer** edited by James M. Metz, MD and Margaret K. Hampshire, RN, BSN, OCN.

A series of questions and answers each by an expert on the subject from the Abramson Cancer Center of the University of Pennsylvania.

**One Hundred Questions and Answers About Prostate Cancer** by Pamela Ellsworth, John Heaney, and Cliff Gill.

One of the few books to provide both the doctor's and patient's point-of-view, this book gives the reader authoritative, practical answers to questions about diagnosis, treatment options, post-treatment quality of life issues, sources of support and much more.

**Prostate Cancer: A Family Consultation** by Philip Kantoff & Malcolm McConnell.

The lead author is the director of genitourinary oncology at Dana - Farber Cancer Institute and Harvard Medical School. This book provides the reader and the family with a wealth of advice – the equivalent of a complete consultation with the author.

**Prostate Cancer: With a Dose of Reality and a Slice of Humor** by Chad and Clayton Crowe.

Basic information about prostate cancer with a chance to laugh.

**Prostate and Cancer** by Sheldon Marks, MD.

Filled with sensible questions, answers and graphics.

**Prostate Cancer for Dummies** by Paul Lange.

Explains the key issues and problems associated with prostate cancer and assures you that you can take action to extend your life.

**Prostate Cancer/Quick Facts** by the American Cancer Society

Is a quick read that covers everything from risk factors to living well after diagnosis and treatment.

**The Complete Prostate Book** by Lee Belshin.

In simple, friendly terms, the author walks the reader through everything a person needs to know about prostate problems. A diagnosis of an enlarged prostate or prostate cancer can be frightening. The honest advice in this book will help all dealing with prostate problems.

**The Prostate: A Guide for Men and The Women Who Love Them** by Patrick Walsh & Janet Farrar Worthington.

Everything you need to know about the prostate and its disorders. Includes information about benign prostate enlargement, urinary problems, inflammation of the prostate, and the various stages of prostate cancer. Includes treatments for prostate cancer, their side effects and how they can be treated.

**The First Year: Prostate Cancer: An Essential Guide for the Newly Diagnosed** by Christopher Lucas.

A step-by-step guide for the first year of prostate cancer. Contains crucial information about the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others and much more.

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BOOKS DEALING WITH THE VARIOUS MEDICAL OPTIONS AVAILABLE

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**"Invasion of the Prostate Snatchers"** by Ralph Blum and Dr. Mark Scholtz M. D.

Those who've faced any cancer crisis should also take heed--and heart--from cultural anthropologist Blum, who's lived with prostate cancer for two decades, and oncologist Scholz, an associate clinical professor at USC School of Medicine, who champions "testosterone inactivating pharmaceuticals" for early stage disease--these reduce levels of testosterone, which prostate cancer cells need to grow.

**A Revolutionary Approach to Prostate Cancer: Alternatives to Standard Treatment Options, Doctors & Survivors Share Their Knowledge** by Aubrey Pilgrim.

A comprehensive guide written by more than 20 medical doctors, it provides the readers with critical advice and information about prostate cancer diagnosis, available resources and treatment options.

**Beating Prostate Cancer: Hormone Therapy and Diet** by Snuffy Myers, M.D.

**Choosing the Right Treatment for Prostate Cancer** by Jacek Mostwin, M.D., & colleagues of the James Buchanan Brady Urological Institute at Johns Hopkins Hospital.

**Dr. Patrick Walsh's Guide to Surviving Prostate Cancer** by Patrick C. Walsh & Janet Farrar Worthington.

Prostate cancer is a different disease in every man which means that the right treatment varies for each man. This book helps you determine the right plan for you.

**Dr. Peter Scardino's Prostate Book** by Peter Scardino, MD.

A surgical perspective of the treatment of prostate cancer compared to external radiation and brachytherapy (seed implants).

**Guide to Surviving Prostate Cancer** by Patrick Walsh, MD.

By the physician who pioneered nerve-sparing surgery.

**Healing Your Prostate: Natural Cures That Work** by Eva Urbaniak.

A leading naturopathic physician tells in clear, concise language how to enjoy perfect prostate health with proven, all-natural, drug free, surgery free methods.

**Man to Man** by Michael Korda.

A first person account of an author who chose surgery. Korda goes into some aspects of the psychological and spiritual side of going through is ordeal. Best to read after surgery.

**Meeting the Stranger Within** by Walter Baily.

Written by a Maine author this book is good for those with radiation and hormone therapy.

**New Guidelines for Surviving Prostate Cancer** by James Lewis & Roy Berger.

Up to date, easy to comprehend information about topics such as: What is cryosurgery and how effective is it? Can complementary treatments be utilized effectively? When is too much hormonal therapy undesirable, and many more questions and answers.

**PSA: Biopsy: Seeding: Hormonal Therapy: Recurrence**

A series of five booklets by Kaltenbach.

**Prostate Cancer: A Non-Surgical Perspective** by Kent Wallner, M.D.

**Prostate Cancer – A Patient's Guide to Treatment** by Arthur S. Centeno MD and Gary Onik, MD.

Information about cryosurgery.

**Prostate Cancer Survivors Speak Their Minds, Advice on Options, treatment, and Aftereffects** by Arthur Burnett II, MD, Norman Morris, John Wiley

**Saw Palmetto: The Herb for Prostate Health** by Christopher Hobb & Stephen Brown.

The book outlines natural remedies and habits that can help men keep their prostate gland healthy into old age.

**Seeds of Hope** by Michael A. Dorso, MD.

A doctor discovers he has prostate cancer and chooses brachytherapy

**So You're Having Prostate Surgery** by Leah Jamnicky, RN & Robert Nam, MD.

Very helpful in understand the disease and the possible treatments. Includes a lot of information about the TURP procedure.

**Surviving Prostate Cancer Without Surgery** by the Dattoli Cancer Center & Brachytherapy Research Institute.

Relying on their own studies, the group of doctors discusses brachytherapy (seed implants) as a superior alternative to surgery. According to their studies, men face fewer complications and have a greater than 80% survival rate.

**The ABC's of Advanced Prostate Cancer** by Mark Moyad & Kenneth Pienta.

Expert information, presented in a consumer friendly format, for anyone whose prostate cancer has recurred or spread beyond the prostate, thereby requiring advanced treatment.

**The Men's Club** by Bert Gottlieb & Thomas J. Mawn, MD.

Patient and doctor alternate accounts of Gottlieb's journey through diagnosis, surgery and recovery.

**\*The Prostate Cancer Treatment Book** by Drs. Grimm, Blasko, and Sylvester

**The Prostate Miracle: New Natural Therapies That Can Save Your Life** by Jesse A. Stoff & Dallas Clouatre.

This book shows how diet and supplements can safely and dramatically reduce PSA levels.

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#### BOOKS ABOUT SIDE EFFECTS – INCONTINENCE & IMPOTENCE:

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**His Prostate and Me** by Desiree Lyon Howe.

A couple faces not only the disease but sexuality.

**Intimacy with Impotence** by Ralph and Barbara Alterowitz.

Discusses impotence in lay terms and provides information about various therapies and medications and gives practical advice about love-making .

**The Loving Ain't Over** by Ralph and Barbara Alterowitz.

The couple's guide to better sex after prostate cancer.

**Viagra Myth** by Abraham Morgentaler.

A very positive book about those wishing for sexual intimacy and sexual function after prostate cancer.

**Making Love Again: Hope For Couples Facing Loss of Sexual Intimacy** by Virginia & Ken Laken.

A couple tells their story to offer hope for others facing loss of sexual intimacy.

**Restoring Sexual Intimacy After PCa Treatment**, by Drs. Jacek Mostwin & H. Ballentine Carter

Published by doctors from John Hopkins' James Buchanan Brady Urological Institute.

**Viagra: the Potency Promise: How It Can Work For You and Change Your Life** by Larry Katzenstein.

First hand reports from men, young and old, who have actually used Viagra.

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### BOOKS ON FOODS, NUTRITION AND EXERCISE:

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**Eat to Beat Prostate Cancer** by David Ricketts.

Everyday foods for men facing prostate cancer, caregivers, their families and friends.

**Eating Your Way to Better Health – The Prostate Forum Nutrition Guide** by Charles (Snuffy) Myers, Jr., MD, Sara Sgarlat Stect, R.T. & Rose Sgarlat Myers, PT, Ph.D.

A unique book designed to help support people recently diagnosed with prostate cancer. The book includes excellent information about foods that are excellent sources of phytonutrients and how these foods contribute to healthful living.

**Foods to Fight Cancer** by Richard Beliveau.

Detailing the key foods that have been medically shown to be effective in fighting and preventing cancer.

**Nutrition and Prostate Cancer** by Drs. Beber and Shike

**The ABC's of Nutrition & Supplements for Prostate Cancer** by Mark A. Moyad, MD.

Moyad boils down the critical information about diet and supplements into valuable information for prostate cancer patients who want to eat the right things.

**The Prostate Diet Cookbook** by Buffy Sanders.

Supports healthy eating as part of a treatment. Has many tasty recipes.

**The Prostate Protection Plan: The Foods, Supplements, and Drugs that Can Combat Prostate Cancer** by Dr. Bob Arnot.

Dr. Arnot lays out a dietary plan that includes lots of soy and along with antioxidant rich fruits and vegetables.

**Yoga for Prostate Health: Increasing Endurance, Stamina, and Sexual Energy** by Bruce Eric Van Horn.

Informative guide that focuses on yoga techniques for today's man and provides other tips for prostate and sexual health, increasing muscle mass and flexibility and relieving everyday stress.

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## BOOKS FOR WOMEN AND THE MEN THEY LOVE:

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**A Crash Course on Prostate Cancer from One Woman's Perspective** by Lynne Rosenberg.

Story of an RN, the wife of a physician, who faces her own as well as her husband's issues after the diagnosis of prostate cancer.

**How We Survived Prostate Cancer: What We Did and What We Should Have Done** by Victoria Hallerman with comments by Charles Hammerman.

**In Sickness and Health: A Love Story** by Karen Propp.

Powerful account by a wife and mother who struggles with the relationship and her own identity.

**Men, Women & Prostate Cancer** by Wainrib & Haber.

A medical and psychological guide for women and the men they love.

**Two For One: A Spouse's Guide to Coping with Prostate Cancer** by Alie & Joe Torres.

Wife of former New York Yankees Manager and current Dodgers Manager, Alie Torres writes that the disease of prostate cancer is a disease that both fought as a couple and how it brought them closer together. The book deals with her feelings, needs, questions and worries.

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## BOOKS FOR GAY MEN:

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**A Gay Man's Guide to Prostate Cancer** by Gerald Perlman, PhD and Jack Drescher, MD.

Eight to ten percent of all men diagnosed with prostate cancer are gay or bisexual. This book addresses their unique needs.

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## MISCELLANEOUS:

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**Intoxicated By My Illness** by Anatole Broyard.

Diagnosis gave this noted New York Times critic and writer new freedoms.

**It's Not About the Bike** by Lance Armstrong.

Especially for those facing cancer and chemo.

**Journey Toward Wholeness: A Spiritual Encounter With Prostate Cancer** by R. Carroll Stegal.

Stegall brings his gifts as a storyteller and his perspective as a person of faith to a work that informs and helps enable the cancer-sufferers and their families to better articulate their fears, anxieties, and hopes as they struggle through the experience.

**Man's Search for Meaning** by Viktor Frankl.

How people lose their strength, courage and hope and how to come to successful resolutions. A good book for patients and caregivers.

**Parallel Journeys: A Spirited Approach to Coping and Living With Cancer** by Larry Lachman, MD, and Ric Masten.

The book blends the poet's art and the psychologist's science in offering unique and powerful strategies for dealing with cancer. The stories of cancer survivors are written on opposing pages and offer unique comparisons of how men deal with the stresses and life changes caused by cancer. It shows how different personalities and educational backgrounds can cause different coping mechanisms, yet the men are carried forward in spite of the disease.

**Testosterone For Life** by Abraham Morgentaler.

This is an issue that is of vital interest to many men in the PCa community.

**You Have Cancer: A Death Sentence that Four African-American Men Turned into an Affirmation to remain in the Land of the Living** by Ronald P. Bazile, SR., Ellis M. Brossett, SR., Preston J. Edwards, SR., Benjamin M. Priestley with Don Spears.

Four friends who grew up in the same neighborhood and went to the same schools and the same church suffered from the same dreaded disease at the same time.

**Will You (or Someone Your Love) Get Prostate Cancer?** by John Sias.

An excellent book of facts which can be utilized for anyone who speaks before groups about prostate cancer.

This list was compiled by the Maine Coalition to Fight Prostate Cancer. Please visit our website at [www.mcfpc.org](http://www.mcfpc.org) for more information.

Revised May 24, 2011