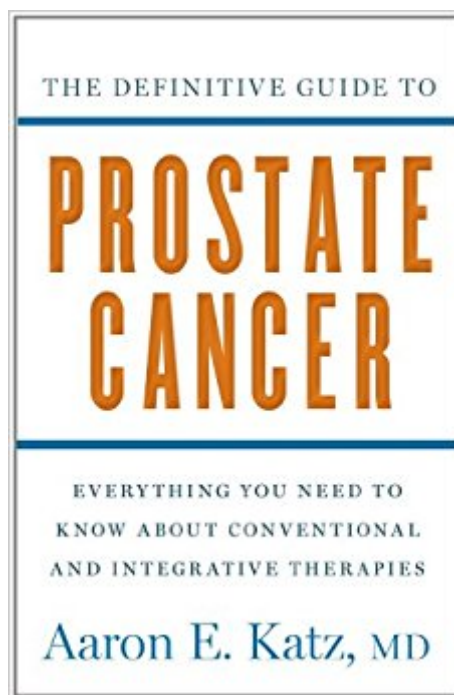




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# The Definitive Guide To Prostate Cancer: Everything You Need To Know About Conventional And Integrative Therapies



## 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, and 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

• Dr. Katz is one of a new generation of doctors that is seeking to move into a truly integrative and holistic kind of medicine. • Mehmet Oz, MD

Aaron E. Katz, MD, is the author of Dr. Katz's Guide to Prostate Health and is a regular guest on Fox Business Network and Imus in the Morning. He lives in New York City.

Clearly the best book out there. The author is an expert and covers every area of prostate cancer. This is an absolute must read whether you now have prostate problems or whether you are a very smart man and are preparing for the future to avoid having prostate cancer. This is my fourth or fifth book I have purchased to give to my friends who need help. I took all of the vitamins and minerals from this book and was able to come up with just two bottles that will cover everything you will need. My PSA has gone from 0.9 to 0.6 since I have been taking the author's advice. I am 73 and want to have a quality life. Be proactive with your health. Don't wait until you are in trouble. I am hesitant to list the two bottles, which are sold on this site, but I will review them when they come up.

The following review is on the that I wrote for the book written by Dr. Walsh, a rockstar in the world of prostate cancer care, however I believe what I said about his book covers my recommendation for this one:I got into the research mode after a recent considerable increase in my PSA velocity on a test 10 months after the previous one. At the moment, I am awaiting a re-test to see if I will be relegated to the confusing, contradictory, scary world of the prostate cancer patient. I ordered and read three books here on . This one, "The Decision," which is an interesting perspective from a urological surgeon who himself had to deal with his own prostate cancer at the age of 52, and Dr. Katz's "The Definitive Guide to Prostate Cancer."If you were to purchase only one of the books, my recommendation would be the Walsh book. Dr. Walsh is a rockstar in the world of urological surgery and was the physician who developed the nerve sparing open radical prostatectomy that bears his name. He is associated with arguably the premier prostate cancer care facility in the world - Johns Hopkins. The Walsh book is pretty much everything you ever wanted to know about prostate cancer clearly and completely explained by a man who has done thousands of prostate cancer procedures.If who would like some interesting other perspective however, I also highly recommend "The Decision" with its unique perspective of a man both a cancer patient and urologist. I would also highly recommend Dr. Katz's book. He is highly involved with the Holistic approach to prostate cancer at Columbia University. Based on the recommendations of Dr. Katz, I ordered Zyflmend as a supplement (available here on ). The procedure that Dr. Katz uses is Cyrosurgery which from my perspective has a rather limited potential patient base.Bottom line, I would buy all three is you are not budget or reading constrained.

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. Following diagnosis, including extent of cancer (Stage) and its aggressiveness (Gleason Score), Dr. Katz leads you through the labyrinths (yes, there is more than one) of deciding upon which treatment methods you will decide are appropriate for your situation. In that respect, he gives one of the clearest short explanations of "Integrative Medicine" that you will ever see. Briefly, all medicine should be "evidence based". What we normally call "mainstream medicine" (more technically "allopathic medicine") aims to fix what's wrong. "Holistic medicine" begins by looking at a person as a whole, not just the bearer of a specific disease or injury, and attempts to heal by working in multiple dimensions. "Alternative medicine" includes specific "non-mainstream" disciplines as Naturopathy, Chinese Herbal Medicine, and Ayurvedic Medicine whose chief claim is to help the body heal itself, often in conjunction with specific dietary directives. "Integrative Medicine", as defined by Dr. Katz, uses any or all of these methods provided that the terms of use are validated by proper evidence. That simple, but also that profound. For example, localized prostate cancer of mild aggressiveness (Gleason Score of 6 or less), may well not need any treatment more invasive than diet and appropriate nutritional remedies and herbal supplements. That approach, called "Active Holistic Surveillance", contains the cancer

and provides superb quality of life. Other cancers require more aggressive treatment methods such as surgery, radiation, or cryosurgery. But whatever fits your circumstances is something which evidence shows is effective in terms of curative impact and provision for good quality of life (i.e. freedom from major side effects). And that evidence is drawn from the entire spectrum of treatment methods, not just those favored by one school of thought. Dr. Katz is remarkable in stating his own biases and preferences clearly, while providing the reader with more than adequate information to decide if he is comfortable with the Katz approach or prefers another path. The book is saturated with the respect that the author has for patients and their care givers to participate fully and on an equal basis with any physician of their choice, and sees to it that those patients and care givers have the knowledge and the confidence to play their roles in the decision-making process. Dr. Katz's most transformative contributions, which benefit both professionals and "ordinary" people, lie in his specifications for dietary practices, his detailed account of which nutritional supplements have satisfied the evidence-based criteria of his Center's clinical trials, and his recommendations for exercise and mind-body practices. Healthy diets, exercise, and stress reduction are not just good to prevent cancer and to assist in its treatment, but also to produce good heart and general health. Imagine how much happiness could be produced by preventing significant numbers of cancers, heart disease, and diabetes! If these "preventive" methods succeed in your never getting prostate cancer, you may still find yourself with a benign but painfully swollen prostate (Benign Prostatic Hyperplasia or "BPH") or an infected prostate (Prostatitis). Here too, Dr. Katz provides clear and comprehensive information for diagnosis and treatment. For now, his book is just what its title indicates it is: a definitive guide to both prostate cancer and methods to treat it (or hopefully to prevent it). Buy it with confidence for yourself and for those you love. Urge your primary care physician to read it and perhaps to recommend it to his or her patients, or even to stock it for them in the waiting room. Looking to the future, I hope that he and his Center produce materials with comprehensive diet plans for a variety of situations-families, couples, and singles. There is still a lot to do to help people transform what they eat to promote health, and recipes for taste and flavor, portions for smaller living units (couples and singles) can help quite a bit.

One of the first sections of the book is titled "The Good News About Prostate Cancer". This is an indication of what is to come: A frightening subject addressed with optimism. After an in depth lay persons Urological introduction, Dr. Katz describes treatment options in a simple and clear manner that is not only complete and thoroughly informative but interesting, entertaining and even humorous! The book is loaded with health tips of every kind including nutrition, exercise, relaxation

techniques, life style and much more. He suggests delicious foods and spices like tumeric, ginger, Asian mushrooms and more. You come out of the book with knowledge of your positive options. It takes you out the darkness of fear and ignorance. You get a sense of the cutting edge breakthroughs that give you hope and optimism. It is remarkable that this subject can be delivered in such an edifying, entertaining, funny and enjoyable way. This book is like a ray of light! I would recommend to anybody, sick or not. It lessens the anxiety provoking fear that men might have about this subject.

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