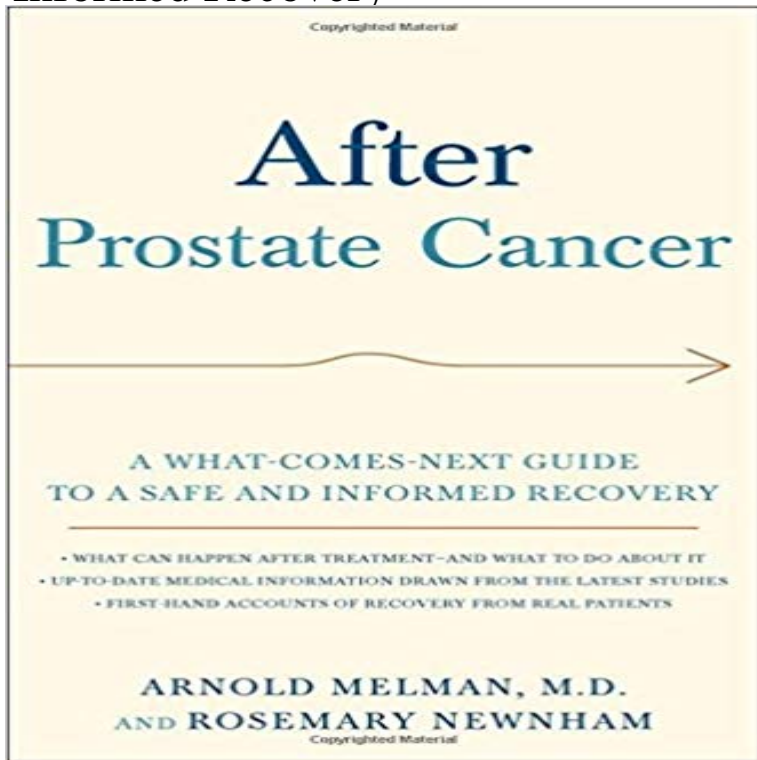


# After Prostate Cancer: A What-Comes-Next Guide to a Safe and Informed Recovery



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 mans 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 Melmans 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. Tewari, M.D., M.Ch., Director, Prostate Cancer Institute and the LeFrak Robotic Surgery Center, Weill Cornell Medical College

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