



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

*Arnold M.D. Melman, Rosemary Newnham*

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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 man's 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 Melman's 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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That book can make you to feel relax. That book After Prostate Cancer: A What-Comes-Next Guide to a Safe and Informed Recovery was colorful and of course has pictures on there. As we know that book After Prostate Cancer: A What-Comes-Next Guide to a Safe and Informed Recovery has many kinds or style. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. So , not at all of book are make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that.

#### **Lois Wiggins:**

As a pupil exactly feel bored to be able to reading. If their teacher requested them to go to the library in order to make summary for some reserve, they are complained. Just very little students that has reading's heart or real their hobby. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading significantly. Any students feel that reading through is not important, boring along with can't see colorful photos on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this After Prostate Cancer: A What-Comes-Next Guide to a Safe and Informed Recovery can make you sense more interested to read.

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