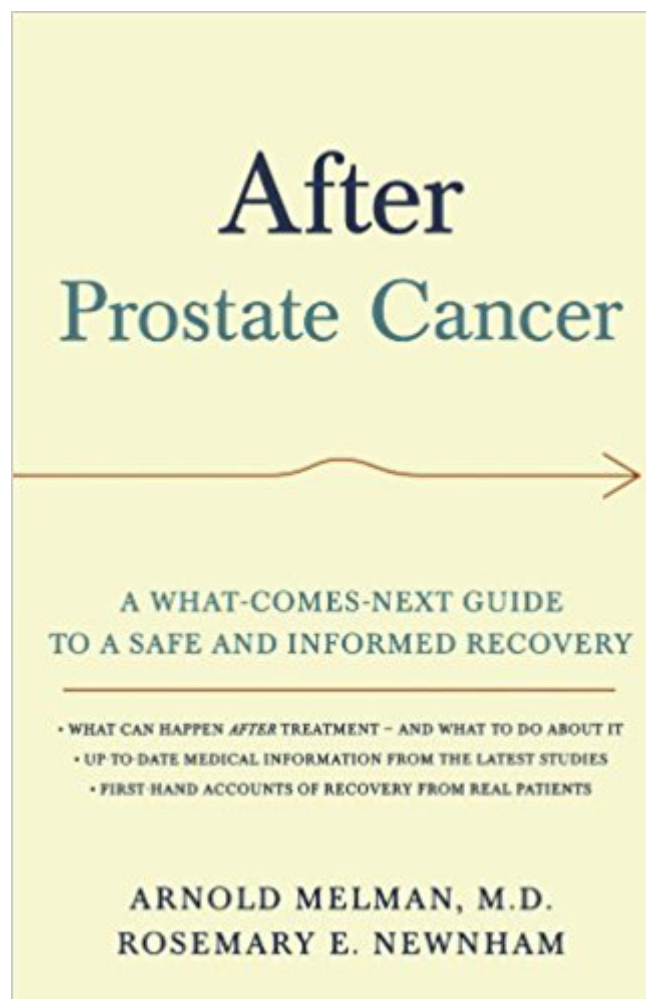




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# After Prostate Cancer: A What-Comes-Next Guide To A Safe And Informed Recovery



## Synopsis

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

## Book Information

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## Customer Reviews

"[Dr. Melman] operates from the position that men should want to know if they have cancer, and then should want to become cancer-free in short order. A variety of treatment options will achieve this end; Dr. Melman and his co-author, Rosemary Newnham, a medical writer, deliver a detailed, straightforward and methodical description of them all. Illustrations help with the anatomy, and ample attention is paid to the severe side effects all these treatments can have... this book may well supply the cancer patient with what he has difficulty finding elsewhere." -- Abigail Zuger, MD, The New York Times "For most men who get prostate cancer, the immediate battle takes up all of their time and energy. Many don't know what questions to ask about what life might be like should they survive. Arnold Melman, one of the nation's leading urologists, is on a mission to change that. His book AFTER PROSTATE CANCER: A What-Comes-Next Guide to a Safe and Informed Recovery is aimed at the men who survive, along with the friends and family who are there to support them." -- The Sacramento Bee

Arnold Melman, M.D., is the Professor and Chairman of the Department of Urology. Dr. Melman is a 1966 graduate of the University of Rochester School of Medicine. He did his internship and assistant residency in surgery in that institution's Strong Memorial Hospital. In 1968 to 1970 he was a clinical fellow in Urology in the N.I.C.H.D.'s Gerontology Research Center. Dr. Melman did his

Urology training at U.C.L.A. from 1970 to 1974. He has been an assistant and associate Professor of Urology at the Indiana University School of Medicine and Chief of Urology at Indiana University School of Medicine and Chief of Urology at the Indianapolis V.A. Hospital. After returning to New York City in 1979, he became Professor of Urology at the Mount Sinai School of Medicine and in 1986 Chief of Urology at the Beth Israel Medical Center. He assumed his present role as Chairman of the Department of Urology in 1988. He is a busy clinical surgeon with an interest in Radical Perineal Prostatectomy, Reconstructive Surgery, Microvascular Surgery. He has a subspecialty interest in basic research and the diagnosis and treatment of male sexual dysfunction. Under his direction, numerous basic research projects are being conducted at the Albert Einstein College of Medicine Urological Research Laboratory. Dr. Melman has published more than 150 scientific articles and book chapters. In 1997 Dr. Melman was the president for the Society for the Study of Impotence. He's the Principal Investigator on an N.I.H. grant designed to evaluate basic mechanisms of erectile physiology and was co-editor of the International Journal of Impotence Research. Dr. Melman is the past chairman of the F.D.A.'s Gastroenterology and Urology devices panel and is currently a voting member of the panel. He has been a reviewer at the National Institute of Health's Study Section for Urology grants for the past two years. Dr. Melman is the Principal Investigator on several clinical trials of new medications and treatment modalities. He has been granted patents on several new urological devices. Dr. Melman is a co-developer of the use of gene transfer for the therapy of smooth muscle diseases of the genito urinary systems. In addition, Dr. Melman, along with Dr. George J. Christ, Ph.D., is a directing member of Ion Channel Innovations [<http://www.ionchannelinnovations.com/>], a development stage biotechnology company formed to develop Ion Channel Therapy (I.C.T.), an i

As the partner of a survivor of prostate cancer, I highly recommend this book and wish that I had purchased it when we were deciding on treatment options rather than months later. However, since both the emotional aspects of the disease and the physical realities following treatment are so effectively discussed, buy this book no matter where you or your loved one are in the process of deciding on treatment or at any point following - you won't regret it. "After Prostate Cancer" looks at the physical, mental and emotional aspects of prostate cancer and is co-written in an accessible manner by a urologist with 40 years of experience treating prostate cancer and erectile dysfunction together with a professional writer. This is the first book I've come across that views treating men affected by prostate cancer holistically. The emotional aspects of prostate cancer for the man dealing with the disease and the after-effects of treatment for those surrounding him are

underplayed in most of the literature I had read until finding this excellent book. I can't recommend it highly enough both for men dealing with prostate cancer and for those who love them. In fact, doctors and other health professionals would do well to be aware of this book so that they could recommend it to patients and their families.

This book is a "must have" for anyone who is about to undergo or has gone through prostate cancer treatment. This book tells it like it is and what to expect and I wish that I had read it prior to the hours of research I did on the internet which only gave me outdated and conflicting information prior to my surgery. The book provides clear, up to date medical information as well a first -hand accounts from men who have experienced different types and complications. read it1

I had my Prostate out in 2009. I certainly wish I had read this book before my surgery. I don't think it would have changed what I decided to do, but it would have given me allot more information than my doctor provided. I thought that the book was very well written so that any layman could understand it and it was chock full of information I did not have before. I would strongly recommend this book to anyone having any prostate problems or as just general reading for information on the prospects of Prostate Cancer. After all as the saying goes, "...as you get older you either have prostate problems, or are going to have prostate problems. Thank you Dr. Melman for your understandable way of describing this problem and it's treatment along with any after effects.

Very helpful and nicely done book. Highly recommended.

Highly informative. Very straightforward and clear. A solid resource.

This is a very good guide to those of us just learning we are affected by prostate cancer. It is helpful in having more intelligent conversations with your doctor by explaining the options and outcomes.

Excellent Service. Product just what I wanted.

As one of the world's leading physicians practicing robotic stereotactic body radiation therapy (CyberKnife) for the treatment of prostate cancer (I treat 8-13 cases/day), this book is a must read for patients considering their treatment options. Dr. Melman expertly describes the challenges that come with life after radical surgery, external beam radiation therapy, and radioactive seed implants

for prostate cancer. When patients understand what the changes are in quality of life after these treatments, and how little change there is in the quality of life for my patients that I have treated for prostate cancer with CyberKnife (essentially the same quality of life as before treatment), it makes them confident in their decision to proceed with CyberKnife for treatment of their prostate cancer. Gregg A. Dickerson, MD, FACR Chief of Radiosurgery Anova Cancer Care Lone Tree, Colorado

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