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| Autore                  | Katz Aaron   |
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| Nota di contenuto       | Intro -- Contents -- Introduction: The Good News About Prostate Cancer -- PART I: Laying the Groundwork: Your Prostate, Cancer, and Modes of Treatment -- Chapter 1: Your Prostate: A User's Guide -- Chapter 2: Understanding Prostate Cancer (and Cancer in General) -- Chapter 3: Understanding Integrative Medicine and Its Scientific Foundations -- PART II: When the News Isn't Great: Prostate Cancer Diagnosis and Treatment -- Chapter 4: The Truth about Prostate Cancer Screening and Diagnosis: What Tests are Really Needed and Why -- Chapter 5: Staging Tests for Prostate Cancer -- Chapter 6: Not Your Father's Prostate Cancer Treatments: The Truth about Mainstream Medical Therapy for Prostate Cancer -- Chapter 7: Rising PSA after Treatment -- PART III: Chemoprevention, Your Prostate, and Your Health -- Chapter 8: The Prostate Cancer Diet -- Chapter 9: Much More Than Roots, Leaves, and Berries: The Center for Holistic Urology's Herbal and Nutritional Supplement Recommendations -- Chapter 10: Working Out and Chilling Out: Two Sides of the Same Chemopreventive Coin -- PART IV: Other Prostatic Mishaps: BPH and Prostatitis -- Chapter 11: The "Growing Problem": Integrative Diagnosis and Treatment of Benign Prostatic Hyperplasia -- Chapter 12: A Pain in the Prostate: Integrative Diagnosis and Treatment of Prostatitis -- Acknowledgments -- References -- Index. |
| Sommario/riassunto      | "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"--

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