

1. Record Nr.	UNINA9910300084703321
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Titolo	Complementary & Alternative Medicine for Prostate and Urologic Health // by Mark A. Moyad
Pubbl/distr/stampa	New York, NY : , : Springer New York : , : Imprint : Springer, , 2014
ISBN	1-4614-8492-8
Edizione	[1st ed. 2014.]
Descrizione fisica	1 online resource (276 p.)
Disciplina	610 616.4 616.6 616994
Soggetti	Gynecology Endocrinology Oncology Primary care (Medicine) Urology Primary Care Medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. The Ideal Eight-Step Urologic Diet and Lifestyle Program: Heart Health = Urologic Health -- 2. BPH/LUTS: Heart Healthy = Prostate Health -- 3. Complementary and Alternative Medicine Interventions for BPH/LUTS -- 4. Complementary and Alternative Medicine Interventions for Male Infertility/Subfertility: First Do No Harm -- 5. Lifestyle Changes, Erectile Dysfunction, and Female Sexual Dysfunction: Heart Health=Sexual Health -- 6. Complementary and Alternative Medicine for Erectile Dysfunction, Testosterone Replacement Therapy, and Female Sexual Dysfunction -- 7. Complementary and Alternative Medicine and Lifestyle Changes and Prostate Cancer -- 8. Lifestyle Changes, CAM, and Kidney Stones: Heart Health=Kidney Health -- 9. Review of Lifestyle and CAM for Miscellaneous Urologic Topics (Bladder Cancer, CP/CPPS, IC/PBS, Kidney Cancer): Part One -- 10. Review of Lifestyle and CAM for Miscellaneous Urologic Topics (OAB and/or Incontinence, Pediatric Urology, Peyronie's Disease, Premature

Sommario/riassunto

Complementary & Alternative Medicine for Prostate and Urologic Health is designed to capture and clinically review the comprehensive database of clinical research articles that support and do not support the utilization of a variety of dietary supplements and other complementary medicines that physicians are exposed to in their daily practice. This is a critical distinction between this book and any other Complementary & Alternative Medicine (CAM) books published to date. Each section of the book provides an easy to reference guide into the topic of interest for the individual that works in urology. The various sub-specialty groups in urology are adequately represented, which allows for a physician to rapidly and thoroughly investigate their topic of interest regardless of whether it is fertility, bladder cancer, or prostate disease. Rather than having to sort through the now thousands of articles published yearly on CAM in medicine, this volume focuses first on the specialty and secondarily how it compares to the overall CAM literature. Each chapter includes a summary page that will allow the physician a rapid review of the subject with a patient, colleague or student. The practical nature of this book in urology also cannot be overstated. Chapters include a general overview of the CAM agent, whether or not it has data in medicine and urology, and a list of potential drug interactions and specific clinical scenarios where it can be utilized or discouraged in the specialty. Complementary & Alternative Medicine for Prostate and Urologic Health represents a gold standard text for use in teaching, not only for the students interested in the urologic field but for all current urologic health providers.