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Titolo	Managing prostate cancer : a guide for living better // by Andrew J. Roth, MD
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Nota di contenuto	Machine generated contents note: -- Pregame: Overview and Introduction -- Part One: Diagnosis and Early Stage Disease -- Chapter One -- Why Me? Why Not Me? What Now? And Why Is a Psychiatrist Writing a Book about Prostate Cancer? -- Chapter Two -- How to Make the Right Treatment Choice When There Is No Perfect Choice -- Chapter Three -- Lifting the Weight of Waiting and Preparing for Treatment: -- Definitive Treatment vs. Watchful Waiting or Active Surveillance -- Chapter Four -- Prostate Cancer Anxiety, Depression, and Sleep Problems: -- Enter the DRAFT and Learn the Emotional Judo (EJ) Playbook -- Chapter Five -- Do I Really Need a Psychiatric Medicine to Cope with Prostate Cancer? -- Chapter Six -- Keeping the Flames of Intimacy Alive -- Chapter Seven -- Urinary, Bowel, and Energy Leaks: This Wasn't Supposed to Happen to Me -- Chapter Eight -- Not for Patients Only: Spouses or Partners Can Manage Better, Communicate More Effectively, and Help the Whole Family -- Part Two: Later Stage Disease and Recurrence of Disease -- Chapter Nine -- Coping with Recurrence of Cancer If the "Definitive" Treatment Doesn't Work: Going

Sommario/riassunto

"Teaches patients with prostate cancer and their loved ones strategies for how to live better with the questions and challenges that arise with this diagnosis. Over 200,000 men in the United States are diagnosed with prostate cancer every year. How they medically combat this disease is up to their medical teams and the latest research. But how they psychologically combat the worry, practical concerns, and all of the changes in their lives? It's up to the individual himself, as well as family and caregivers, and it is an equally important component in the patient's recovery. Dr. Andrew J. Roth, a psychiatrist who specializes in psychological support for cancer patients, provides the emotional skills and strategies necessary to healthfully deal with the challenges that a prostate cancer diagnosis brings to daily life. These tools, which Roth terms "Emotional Judo," will also help healthcare givers to provide improved support for their patients and families. For the last twenty years, Dr. Roth has served as the Attending Psychiatrist of the Memorial Sloan Kettering Cancer Center and has helped members of oncology treatment teams practice the best ways to deal with patients' emotional needs. Dr. Roth helps patients at all stages of the disease learn the best ways to accept and adapt to the consequences of their cancer treatment, including the physical complications of urinary, erectile or bowel dysfunction, fatigue, hot flashes, and the demoralizing recurrence of disease after treatment. While there are a number of good books that touch on the diagnostic and treatment processes from beginning to end, Dr. Roth's readable and relevant book is the first to focus on the emotional implications of these physiological symptoms and life changes. By focusing on a specific readership (men with prostate cancer and their loved ones) rather than a broader group, Dr. Roth offers the most effective and tailored tools for coping with any and all aspects of the disease"--
