

1. Record Nr.	UNINA9910464446403321
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Titolo	Androgen deprivation therapy : an essential guide for prostate cancer patients and their loved ones / / Richard J. Wassersug, PhD, Lauren M. Walker, PhD, John W. Robinson, PhD, RPsych ; with contribution from Kristen L. Currie, MA, CCRP [and 6 others] ; Julia Pastore, acquisitions editor
Pubbl/distr/stampa	New York : , : Demos Health, , 2014 ©2014
ISBN	1-61705-220-5
Descrizione fisica	1 online resource (181 p.)
Disciplina	616.99/463
Soggetti	Prostate - Cancer - Hormone therapy Antiandrogens - Therapeutic use Prostate - Cancer Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Reviewed and endorsed by the Canadian Urological Association, August 2013."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""Cover""; ""Title""; ""Copyright""; ""Contents""; ""Foreword""; ""Introduction""; ""Before You Begin""; ""Will Reading This Book Make Me More or Less Anxious?""; ""I Have Never Read a Manual Beforea€?Why Start Now?""; ""Moving Forward: Questions for Discussion""; ""Share Androgen Deprivation Therapy""; ""Chapter 1: Androgen Deprivation Therapy""; ""What is ADT?""; ""How Does ADT Work?""; ""What Medications Are You Taking for ADT?""; ""Testosterone and Dihydrotestosterone""; ""How Long Will I Be on ADT?""; ""What Is the PSA Test?""</p> <p>""How is the PSA Test Used for Men Who Have Been Treated for Prostate Cancer?""""How is the PSA Test Used When You Are on ADT?""; ""How Good Is the PSA Test?""; ""How Long Will ADT Control My Cancer?""; ""Moving Forward: Questions for Discussion""; ""Chapter 2: Physical Side Effects""; ""Hot Flashes""; ""Medications""; ""Counseling""; ""Activity: Abdominal Breathing""; ""Activity: Hot Flash Diary""; ""Weaker Bones""; ""Weight Gain and Muscle Loss""; ""Diabetes""; ""Metabolic Syndrome</p>

and Cardiovascular Risk"; "Anemia and Fatigue"; "Breast Growth";
"Genital Shrinkage"
"Loss of Body Hair""Other Possible Side Effects"; "Activity: Pros/Cons
Table"; "Activity: Action Plan"; "Activity: Goal Setting and
Confidence"; "Activity: Side Effects Self-Assessment"; "Physical Side
Effects: Essentials"; "Moving Forward: Questions for Discussion";
"Chapter 3: Exercise"; "Exercising Safely"; "Caution"; "Warm-Up
Exercises"; "Aerobic Exercises"; "Resistance Training"; "Weight-
Bearing Activities"; "Balance Exercises"; "Winding Down"; "Making
the Decision to Exercise"; "Habit and Reason"; "Activity: Pros/Cons
Table"
"Activity: Identifying and Overcoming Barriers to Starting and
Maintaining an Exercise Program""Activity: Matching Meaning and
Change Using Self-Statements"; "Meaning Self-Statements";
"Preparing to Successfully Begin Exercising"; "Make an Action Plan";
"What I Plan to Do:"; "When I Plan to Do It:"; "Where I Plan to Do It:";
"Who I Might Do It With:"; "Activity: Action Plan"; "Activity: Goal
Setting and Confidence"; "Maintaining Your Motivation"; "Managing
Lapses and Relapses"; "Reward Yourself"; "Support"; "Exercise:
Essentials"
"Moving Forward: Questions for Discussion""Chapter 4: Healthy
Eating"; "Reading Food Labels"; "Fats"; "Protein";
"Carbohydrates"; "Determining Your Current BMI"; "Estimating Your
Nutritional Needs"; "Omega-3 Fatty Acids"; "Omega-3 Fatty Acid
Supplements"; "Omega-6 Fatty Acids"; "Soy"; "Vitamin D"; "How
Do I Get Enough Vitamin D?"; "Calcium"; "Calcium in Your Diet";
"Phytonutrients"; "Polyphenols"; "Punicalagin and Ellagic Acid";
"Lycopene"; "Activity: Pros/Cons Table"; "Activity: Action Plan";
"Activity: Goal Setting and Confidence"
"Healthy Eating: Essentials"
