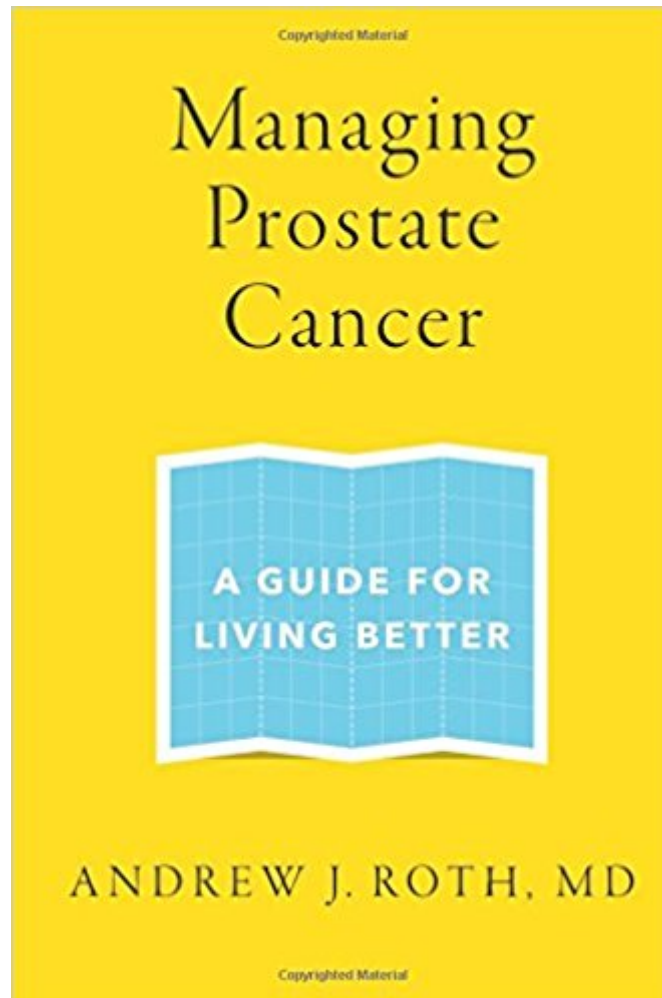




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Managing Prostate Cancer: A Guide For Living Better



Synopsis

The statistics are sobering: over 200,000 men in the United States are diagnosed with prostate cancer every year. With this diagnosis, men are expected to psychologically combat the worry, practical concerns, and the emotional and physical changes during an immensely trying time. How to help? In *Managing Prostate Cancer: A Guide for Living Better*, Dr. Andrew J. Roth, a psychiatrist specializing in psychological support for cancer patients, provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life. These tools, which Dr. Roth terms "Emotional Judo," effectively teach patients to identify what their fears are rooted in, how to distinguish the rational and irrational aspects of their thoughts and behaviors, make healthier choices to promote a more positive approach, and ultimately transform their lives into a more fulfilling and peaceful journey.

Book Information

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Customer Reviews

"Written by a psychiatrist who has cared for patients with all stages of prostate cancer, this book provides patients and their families an easy to understand guide to successfully manage the emotional angst that accompanies diagnosis and treatment. Dr. Roth provides patients with insight, understanding, and concrete suggestions to live a meaningful life both as a prostate cancer survivor and as a patient facing a life with prostate cancer." --David M. Nanus, MD, Chief, Division of Hematology and Medical Oncology, Weill Cornell Medical College - New York Presbyterian Hospital, New York, NY

Managing Prostate Cancer provides practical suggestions for coping with

all of the common issues men face when diagnosed either with early stage or advanced prostate cancer." --Leslie R. Schover, PhD, Professor of Behavioral Science, University of Texas MD, Anderson Cancer Center, Houston, TX"Highly recommended to prostate cancer patients and their families, although other cancer patients would benefit from the work, too." --Library Journal"Roth, a psychiatrist who works at Memorial Sloan-Kettering Cancer Center, effectively zooms in on the emotional toll of prostate cancer, which includes anger, fear, frustration, isolation, regret, and a sense of being overwhelmed. Roth offers a first-rate overview of how best to respond to a diagnosis of prostate cancer." --Booklist"Managing Prostate Cancer: A Guide for Living Better, provides keen insight into how to live a meaningful life as a patient and survivor of prostate cancer... Dr. Roth's advice and guidance in this vital part of cancer treatment will be of value to both oncologists and caregivers. For that, and other reasons, this accomplished guidebook is highly recommended for readers of The ASCO Post." --Ronald Piana, The ASCO Post

Andrew J. Roth, MD, has been the psychiatry liaison to the Genitourinary Medical Oncology Program at Memorial Sloan Kettering Cancer Center for the last 20 years. He has helped men and their families navigate the uncertainties of a prostate cancer diagnosis, helping them thrive with, and not just survive, the diagnosis, treatment decisions, and complications of treatments and illness.

With bluntness and humor, Dr. Roth has written a book that will be both educational and therapeutic for people dealing with cancer. While the focus is on prostate cancer, it will be useful to those coping with any type of serious illness. The author's vignettes about his own struggles with an acoustic neuroma are relevant. Dr. Roth is not a medication pusher (Disclosure: I am a colleague of his at Memorial Sloan Kettering Cancer and know he is an excellent psychiatrist!), but Chapter 5 is probably the best summary I have read of psychopharmacology that would be understandable to the general public. I think Dr. Roth's philosophy of living life, outlined in Chapter 10, will inspire people with both curable and incurable illnesses. This book is a gem!

An outstanding and practical guide for coping with prostate cancer and making sound and well-reasoned treatment decisions. A necessary read if you have prostate cancer, or care for someone who does.

After struggling on the emotional roller coaster for 4 months after I got the diagnosis I stumbled upon this book. I wish I had found it much earlier. It is excellent. Written by a psychiatrist that works

with patients having cancer of all forms he takes us through the thought process and gives us means to deal with them. I cannot recommend this high enough. GET IT and READ IT!

This book is a lifesaver. I was deeply fortunate that it was released within days of my being told that I needed surgery for prostate cancer. Dr. Roth's direct and honest book is filled with terrific information and wisdom and compassion. I am turning to this book again and again as my surgery approaches. I would urge anyone in the same situation to read this invaluable book.

In this memorable book, Dr. Andrew Roth has generously shared his wisdom resulting from his work with patients with prostate cancer over the last three decades. This book is not only an invaluable gift to the patients and their loved ones but to clinicians involved in cancer care and psychosomatic medicine. In this book, Dr. Roth helps the reader cope with the anxiety related to the uncertain future. In the absence of a crystal ball, this book advises us on how to regain an alleviating sense of control over our lives. The book entails a number of creative ideas for specific situations and symptoms that a man with prostate cancer can go through like excessive worrying, sleep problems, irascibility, fatigue, urinary problems and sexual problems. One aspect that I valued the most is the author's use of his personal experience when coping with neuroblastoma. This reminds us that no one is immune or invulnerable, we all are on the same boat. Dr. Roth offers a new form of Cognitive Behavioral therapy adapted for his patient population: This therapy called DRAFT (Detecting, Recognizing, Acknowledge, Flip and Transform) Emotional Judo helps the patient with prostate cancer detect, recognize and acknowledge negative thoughts about their cancer prognosis and anxiety about disabling symptoms so that they can be flipped and transformed into positive ways of coping with the distress of having a disease. Due to his vast experience in this area, Dr. Roth offers a unique understanding of the psychology of men as they cope with changes in their sexuality, physical strength and perception about their virility. This particular aspect combined with the DRAFT EJ therapy makes this manuscript universal and of interest for any patient coping with any disease of any clinician involved in care of men. I especially valued the last chapter. Even when there is no more curative treatment available and one is nearing the end of life, there is an opportunity to teach our loved ones one of the most important lessons that will increase the magnitude of our legacy.

This book is a trusted resource where you can find valuable information about how to cope with the challenges associated with living with prostate cancer.

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Friends Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer
PROTONS versus Prostate Cancer: EXPOSED: Learn what proton beam therapy for prostate cancer is really like from the patient's point of view in complete, uncensored detail.

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