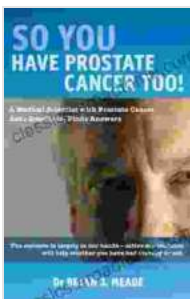


So You Have Prostate Cancer Too: A Man's Guide to Prostate Cancer

Prostate cancer is the most common cancer among men in the United States, with over 190,000 new cases diagnosed each year. While it can be a serious disease, it is important to remember that prostate cancer is often curable if it is caught early.



So You have Prostate Cancer Too! by Bonnie Nedrow

★★★★☆ 4.5 out of 5

Language : English
File size : 578 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 200 pages
Lending : Enabled



This book is a comprehensive guide for men who have been diagnosed with prostate cancer. It covers everything from diagnosis and treatment options to dealing with the emotional and physical challenges of cancer.

Diagnosis

The first step in treating prostate cancer is to get an accurate diagnosis. This involves a physical exam, a blood test, and a biopsy.

The physical exam will check for any lumps or abnormalities in the prostate. The blood test will measure the level of prostate-specific antigen (PSA) in your blood. PSA is a protein that is produced by the prostate gland. Elevated PSA levels can be a sign of prostate cancer, but they can also be caused by other conditions, such as prostatitis.

A biopsy is the only definitive way to diagnose prostate cancer. During a biopsy, a doctor will remove a small sample of tissue from the prostate and examine it under a microscope.

Treatment Options

There are a variety of treatment options for prostate cancer, depending on the stage of the cancer and your overall health. Treatment options include:

- * **Surgery:** Surgery is the most common treatment for prostate cancer. During surgery, the surgeon will remove the prostate gland and surrounding tissues.
- * **Radiation therapy:** Radiation therapy uses high-energy beams to kill cancer cells. Radiation therapy can be given externally, using a machine that delivers radiation to the prostate from outside the body, or internally, using radioactive seeds that are implanted in the prostate.
- * **Hormone therapy:** Hormone therapy uses drugs to lower the levels of testosterone in the body. Testosterone is a hormone that can stimulate the growth of prostate cancer cells.
- * **Chemotherapy:** Chemotherapy uses drugs to kill cancer cells throughout the body. Chemotherapy is usually used to treat advanced prostate cancer that has spread to other parts of the body.

Dealing with the Emotional and Physical Challenges of Cancer

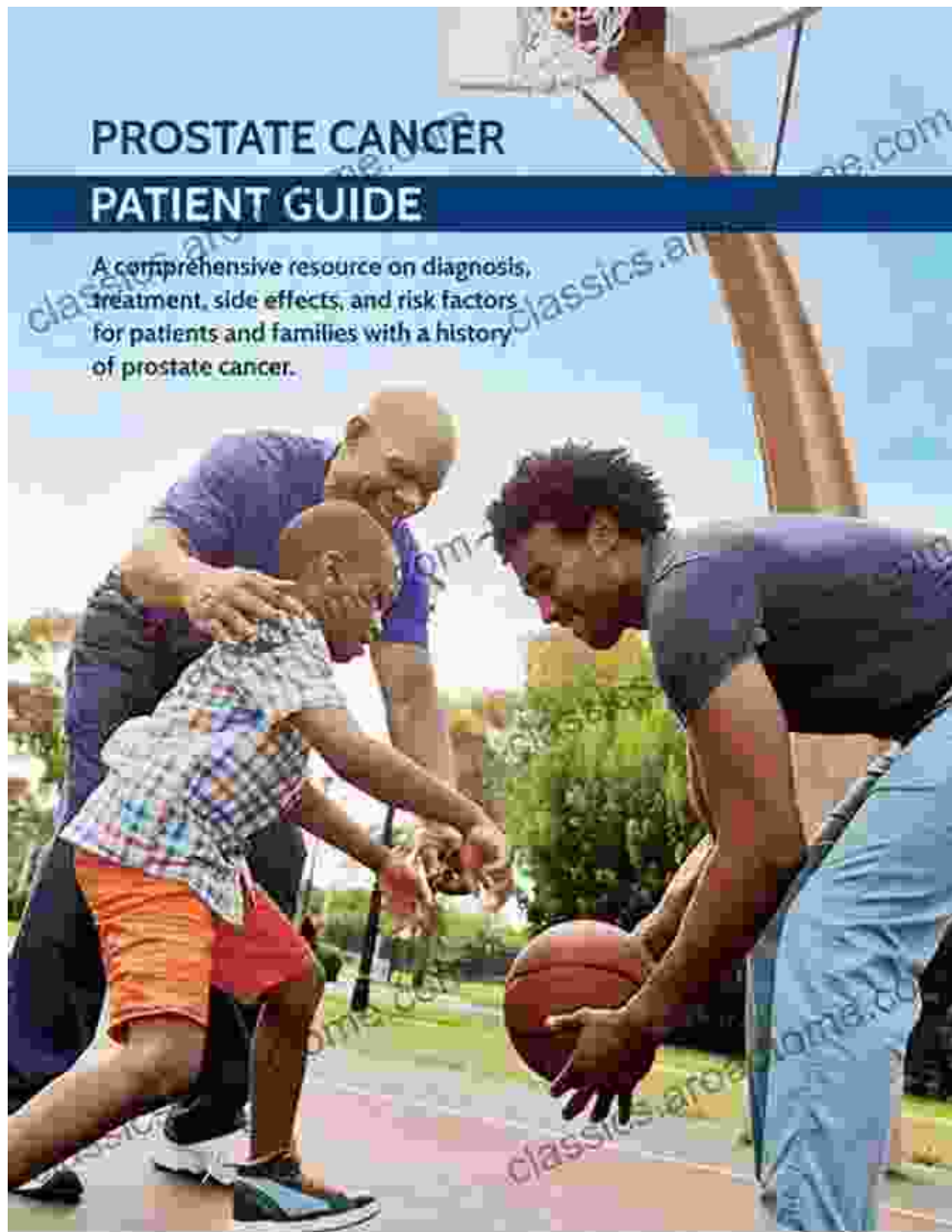
Cancer can be a life-changing event, and it can take a toll on your emotional and physical health. It is important to find ways to cope with the

challenges of cancer, such as:

- * Talking to your doctor, family, and friends about your feelings
- * Joining a support group
- * Getting regular exercise
- * Eating a healthy diet
- * Getting enough sleep

Prostate cancer is a serious disease, but it is important to remember that it is often curable if it is caught early. This book is a comprehensive guide for men who have been diagnosed with prostate cancer. It covers everything from diagnosis and treatment options to dealing with the emotional and physical challenges of cancer.

If you have been diagnosed with prostate cancer, I encourage you to read this book. It will provide you with the information and support you need to make informed decisions about your treatment and to live a full and active life.

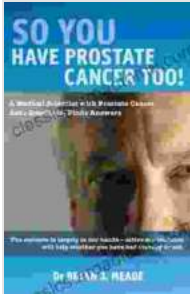


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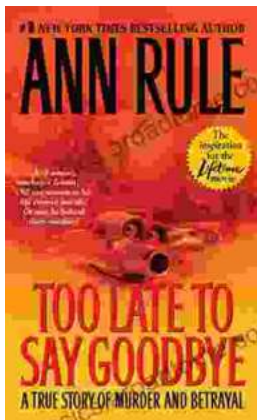
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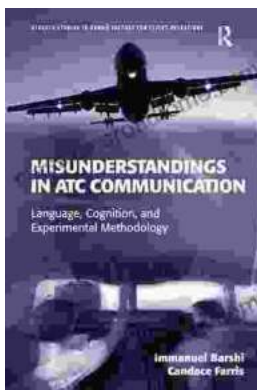
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