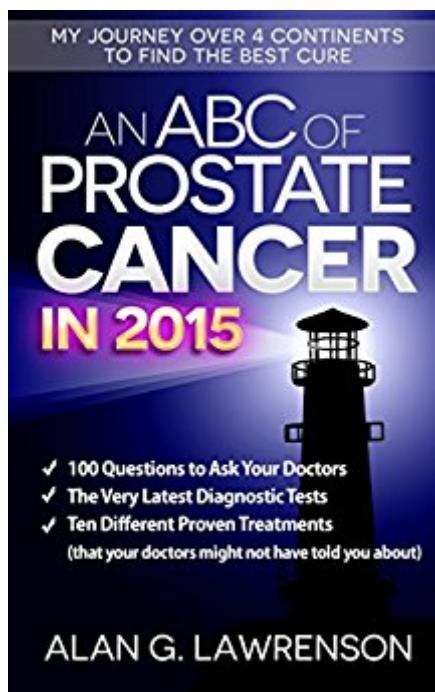


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# An ABC Of Prostate Cancer In 2015: My Journey Over Four Continents To Find The Best Cure



## Synopsis

An ABC of Prostate Cancer in 2015 provides the reader with comprehensive information on the very latest diagnosis tests that are available and now becoming routinely used in leading clinics, hospitals and specialist practice around the world. The use of multiparametric MRI to detect prostate cancer; its ability to enable precisely targeted biopsies to be taken and its use in the guiding the subsequent ablation process of the detected tumours, is transforming prostate cancer diagnosis and treatment. Genetics are also providing an ever increasing insight into the diagnosis of prostate cancer. A leading urological surgeon who reviewed the book said: "All my registrars should get a copy of this book and fully digest its contents." • Another specialist said: "Every general practitioner (physician) in the country should read the book to bring them up-to- date on prostate cancer." • Not with standing these comments, the easy-to-read book, is targeted at the layman, and is written in easily understood language. The extensive glossary included again assist the reader. The book provides the reader with more than 100 questions that prostate cancer sufferers should consider asking their doctors. Make sure you get the absolute most out of your time with your doctors, by preparing the vital questions to ask your doctors before your appointment. It also details "My Journey over Four Continents to find the Best Cure" • The book (76,000 words over 290 pages) is presented in three parts: Part 1: My Initial Diagnosis Part 2: Treatment Options Part 3: My Prostate Cancer Experience In Part 1, the book looks at what prostate cancer is and examines, in detail, PSA testing and its derivatives such as PSA density, PSA doubling time, free PSA, etc. It also looks in depth at the biopsy process and explains the increasing use of multiparametric MRI as a diagnostic tool. The staging and grading of prostate cancers are explained and the reader is introduced to prostate risk calculators. Part 2 focusses on the 10 top treatments available to treat prostate cancer. Some of these treatments are broken down into multiple sub-sets. One such treatment is radiation, which is broken down into nine different forms of radiation, each of which is fully presented. Some of these, like proton beam therapy, might offer better alternative outcomes to some sufferers than more "popular" treatments. Whilst the book focusses mainly on the treatment of patients with low and intermediate risk prostate cancer that is localised, the treatment of metastatic prostate cancer is also briefly considered. This part of the book concludes with a chapter on the all-important prostate cancer support groups. Part 3 of the book details my consideration of various treatment options, my visits to three urologists and a radiation oncologist, my treatment selection process and my subsequent proton beam therapy treatment at the National Cancer Centre in South Korea. The book concludes by considering what I might do differently if I had to go through the process again. What the book spells out, is the need for a newly-diagnosed

prostate cancer sufferer to take charge of their own destiny, by learning as much as possible about their condition and not to make quick and possibly rash decisions whilst under what I term to be the "Cancer Anxiety Factor." The book contains an extensive Resource Listing which provides details of further reading that is available via the Web. It also provides a comprehensive Reference Listing to support the statements made within the book. Hopefully, the presentation of the technical aspects of the diagnosis and treatment of prostate cancer within the narration of the author's own prostate cancer challenge makes compelling reading.

## **Book Information**

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## **Customer Reviews**

The book An ABC of Prostate Cancer in 2015, presents a number of the most common and emerging new treatment types in a language that a layman can understand. Prostate Cancer Research is leading to significant improvements in the diagnosis and treatment of the disease. Some doctors and many books on prostate cancer continue to recommend treatments that are perhaps not optimal for some patients. After reading Alan's book, you'll have a

better idea about the significant impact multiparametric MRI and other new technology, is having on the diagnosis and treatment options that are available today. Perhaps the most valuable thing about this easy-to-read book is the sets of questions that the patient should consider asking their doctors about each of the main treatments before agreeing on any particular treatment. It also includes the pros and cons of each treatment. Choosing the right treatment could be vital for your future quality of life or indeed your very survival. This is a well presented book about your choices. In parts it is a little technical and it has resource and reference sections with a number of useful web-sites and state-of-play reviews. I believe that it is almost an essential companion on the journey to find the best treatment for your specific prostate cancer. Read it and absorb its contents. There are also many lessons to be learnt from Alan's infliction with the disease and his progression to finally have proton beam therapy in South Korea.

As a writer I was impressed with Alan Lawrenson's book, "An ABC of Prostate Cancer in 2015." It is comprehensive, while at the same time being clearly written and easy to understand. That is a balance not always easy to accomplish for any writer, but Alan takes the reader on the complex journey of Prostate Cancer diagnosis and treatment in a way that draws the reader in, while giving helpful information along the way. The facts are given, but the reader also hears Alan's personal story which he shares with honesty and courage. Alan's search for the best possible treatment led him to Proton Beam Therapy at the National Cancer Centre in South Korea. He gives detailed information about this and other treatments available. There is guidance on what to expect from visits to medical specialists as well as help with possible lifestyle changes. I liked the way Alan told his story and shared his life in this book. It is interesting to read, well written and well researched, providing a huge amount of helpful information. This book will be a source of strength for others who are faced with the same diagnosis as Alan. It will also be a help to their families and those who support them. Vivienne BallWriter and Journalist...

Having been diagnosed with prostate cancer, I have read many books on the subject. This one is particularly good because the author is a medical researcher who covers the subject in great detail. Note the date of publication. The technologies change quickly. Some of the older books are quite out of date. Virtually all of them have the same message: avoid surgery at all costs. As a result of this book I have decided on which modality I would like. I think all readers would find it helpful.

Half of this book is a general overview of prostate cancer. Much more text info than the NCCN

Guidelines, and less than Dr. Walsh's 500 pages. The other half is Lawrenson's personal story, and while I will not follow his path, I was very interested. There are no illustrations, so I recommend NCCN for the pictures. Well put together and easy to read.

Very well researched, covering the various options men face when diagnosed with a high PSA result. I liked the questions one should ask to better understand the risks associated with the various treatment choices. The book is easy to read and I highly recommend it.

A great layman's synthesis of prostate cancer - its diagnosis and treatment options! I would highly recommend reading this book if prostate cancer has touched your life or the life of someone you love.

Best book on everything you'd want to know about Prostate Cancer for the layman.

Informative tools to assist you with your journey.

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Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostat Healthy Prostate: The Extensive Guide To Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Prostate Problems Home Remedies, How To Fight Prostate Problems At Home, Get Rid Of Prostate Problems Fast!: Back On Track - Fighting Prostate Problems At Home Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and 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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