

Pathfinder Series: Prostate Cancer

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books & Audiovisual

The Canadian Guide to Prostate Cancer / Leah Jamnicky & Robert Nam. 7.20.11 2013

The goal of this book is to help readers better understand the options available in order to make informed treatment decisions. It begins with prostate cancer basics followed by information on testing and screening. There is a large focus on surgery and it's the pros and cons. This section provides a step-by-step description of what to expect before, during, and after an operation, and tips on effective healing, pain management, and lifestyle changes.

Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH / Peter T. Scardino. 7.20.19 2010

This guide to prostate care begins with the basic anatomy and what happens as men get older. The second part covers common prostate problems, and the final section talks about prostate cancer and how to deal with it. The author discusses the advantages and disadvantages of each possible treatment as well as the side effects.

Life, Sex and Prostate Cancer: How One Man Healed and Was Made Whole / John C. Hallenborg. 7.20.6 2009

In this moving memoir, a veteran business journalist details his bout with prostate cancer, revealing what he learned about the disease-and about himself-on the road to recovery. It includes interviews with health care professionals and men and women whose lives were directly affected by prostate cancer, and offers useful, supportive information for spouses and partners helping their loved one through the disease.

Managing Prostate Cancer: A Guide for Living Better / Andrew J. Roth. 7.20.25 2015

The author, 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 where their fears are rooted, how to distinguish the rational and irrational aspects of their thoughts and behaviours, make healthier choices, and ultimately transform their lives into a more fulfilling and peaceful journey.

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer / Patrick C. Walsh. 7.20.14 2012

This book provides a clear explanation of the anatomy of the prostate, and the screening, detection, diagnosis, and treatment of prostate cancer. He emphasizes that every case of prostate cancer is different, and so are the ways in which it is treated.

One Man's Life-Changing Diagnosis: Navigating the Realities of Prostate Cancer / Craig T. Pynn
7.20.7 2012

Provides a comprehensive patient's eye view of the clinical, emotional, relational and spiritual experience of prostate cancer from the time of first symptoms to diagnosis to treatment and to living as survivor with an advanced cancer that can return at any time. This book discusses various issues that results from a diagnosis of prostate cancer.

Prostate Cancer and the Man You Love: Supporting and Caring for Your Partner / Anne Katz.
7.20.33 2102

This book speaks to the partners/spouses of men with prostate cancer. The author includes both the medical information necessary to understanding the disease and the first-hand accounts from cancer patients and survivors and their partners. Tips for communication and problem solving, with both partners and health care teams, are offered throughout.

Websites

Canadian Cancer Society – Prostate Cancer <http://www.cancer.ca/en/cancer-information/cancer-type/prostate/prostate-cancer/?region=on>

The CCS has a good, detailed overview of prostate cancer – types, treatments, grading and staging of tumours, supportive care information, and a lot more. As with most things cancer related, the CCS website or their excellent Cancer Information Service phone line (1-888-939-3333) is a great place to start your research.

Prostate Cancer Canada <http://www.prostatecancer.ca/>

This is a Canadian Web site that offers a great deal of information relating to prostate cancer. There are sections on research, prostate cancer in the news, support groups and other support services, webinars from experts in cancer treatment and surgery, and information on how to get involved with PCC.

Prostate Cancer Foundation <http://www.pcf.org/>

A very comprehensive website from the US for newly diagnosed patients, as well as those in active treatment, survivors, and of course, information for family members and caregivers. The site is nicely organized and easy to navigate. Read about latest news and research into prostate cancer, and sign up for the Foundation's newsletter for even more information.

