

A review by David Sandoe OAM – National Deputy Chairman of PCFA & Co-Leader of Sydney Adventist Hospital (SAH) Prostate Cancer Support Group (PCSG) and Pam Sandoe OAM, Co-Leader of SAH-PCSG.

This third edition of **Prostate Cancer – your guide to the disease, treatment options and outcomes** is one of the most informative books we've had the privilege to read. The information is as pertinent for the newly diagnosed as it is for the man and his wife/partner and family who are well into the prostate cancer journey. It is very easy to read and can also be used as a clear reference guide.

The clinical information is presented in such a way for it to be readily understood with excellent illustrations and graphics to compliment the words. The unanticipated and sometimes uncertainty of this disease can be trying. The diagnosis of prostate cancer can also be significant threat to the relationship between the patient and his partner. We have long said it's a partnership disease that requires lots of understanding and interpretation of complex information. Just deciding on a treatment option these days is bewildering as the right treatment varies for each man. However, with this book you can determine the best plan for you and be guided by your medical professional that you are making the right choice.

By the time you have read this book you'll better understand how the many risk factors, such as diet, environment and fitness level impacted your life. You will know the way to better heart health with the lifestyle changes required to manage your well being.

We are delighted that Assoc. Prof. Rashid included more on the value of support groups and added chapters on sexual and psychological health and well being. The section on Case Studies is invaluable as the patient can better connect with other men's experiences and learn that he is not alone.

We are sure patients will find this book reinforces points discussed with their medical professional. It also gives easily understood explanations to a lot of confusing information that is discussed with the patient and his wife/partner during consultations. The book also moves away from the purely medical opinions of professionals who treat prostate cancer and involves consumers and partners who give the other side of the journey.

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