

## BIBLIOGRAPHY OF RECOMMENDED BOOKS FOR PROSTATE CANCER SURVIVORS & FAMILIES

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The following list of books has been recommended by prostate cancer survivors, caregivers, and health care professionals. We hope that you will find this list to be informative and helpful to you and your personal support team as you battle this disease. The books reflect no preference and many books can be placed within more than one category. Revised – May 2016.

### BOOKS DETAILING THE MEDICAL ASPECTS OF PROSTATE CANCER

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#### MEDICAL ASPECTS

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**100 Questions and Answers about Prostate Cancer** by Pamela Ellsworth, John Heaney, and Cliff Gill, 2014.

**Dr. Peter Scardino's Prostate Book, Revised Edition: The Complete Guide to Overcoming Prostate Cancer, Prostatitis and BPH** by Peter Scardino, MD., & Judith Kelman, rev. ed. 2010.

**Prostate and Cancer, A Family Guide to Diagnosis, Treatment and Survival** by Sheldon Marks, MD, 2009.

#### VARIOUS MEDICAL OPTIONS AVAILABLE

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**Prostate Cancer: A Man's Guide to Treatment** by Arthur Centeno, M.D. & Gary Onik, M.D., 2nd ed., 2014.

**Promoting Wellness Beyond Hormone Therapy** by Mark A. Moyad, M.D., MPH, 2nd ed., 2013.

**Dr. Patrick Walsh's Guide to Surviving Prostate Cancer** by Patrick C. Walsh, M.D. & Janet Farrar Worthington, 2012.

**Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients and their Families** by Ralph Blum & Mark Scholz, M.D., 2011.

**Prostate Cancer Survivors Speak Their Minds: Advice on Options, Treatments, and Aftereffects** by Arthur L. Burnett, II, M.D. & Norman S. Morris, 2010.

#### SIDE EFFECTS - INCONTINENCE & IMPOTENCE

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**Prostate Cancer Survivors Speak Their Minds: Advice on Options, Treatments, and Aftereffects** by Arthur L. Burnett, II, M.D. & Norman S. Morris, 2010.

**Saving Your Sex Life: A Guide for Men with Prostate Cancer** by John Mulhall, M.D., 2008, 2010 (Kindle edition).

**Intimacy with Impotence: The Complete Guide to Better Sex after Prostate Disease** by Barbara & Ralph Alterowitz, 2004, 2005.

#### BOOKS ON NUTRITION, EXERCISE, & LIFESTYLE CHANGES

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**Radical Remission: Surviving Cancer Against All Odds** by Kelly A. Turner, Ph.D., 2014

**Exercises for Cancer Survivors** by Carol Michaels, 2014.

**You Can Conquer Cancer: A New Way of Living** by Ian Gawler, BVSc, 3rd rev. ed., 2013.

**Promoting Wellness for Prostate Cancer Patients** by Mark A. Moyad, M.D., MPH, 4th ed., 2013.

**The New Prostate Cancer Nutrition Book** by Charles "Snuffy" Myers, M.D., Gabrielle Myers, et al, 2012 (available at [prostateteam.com/rhp.php](http://prostateteam.com/rhp.php) ).

**Anticancer: A New Way of Life** by David Servan-Schreiber, M.D., Ph.D, 2009.

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#### BOOKS FOR WOMEN AND THE MEN THEY LOVE

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**Prostate Cancer and the Man You Love: Supporting and Caring for Your Partner** by Anne Katz, 2012.

**How We Survived Prostate Cancer** by Victoria Hallerman, 2009.

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#### BOOKS FOR GAY MEN

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**What Every Gay Man Needs to Know About Prostate Cancer: The Essential Guide to Diagnosis, Treatment, and Recovery** by Gerald Perlman, Ph.D., 2013.

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#### MISCELLANEOUS

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**Enjoy Every Sandwich: Living Each Day as if it were Your Last** by Lee Lipsenthal, M.D., 2011,

**The Anatomy of Hope: How People Prevail in the Face of Illness** by Jerome Groopman, M.D., 2005.

**Journey Toward Wholeness: A Spiritual Encounter with Prostate Cancer** by R. Carroll Stegall, 2004.

**Parallel Journeys: A Spirited Approach to Coping and Living with Cancer** by Larry Lachman, Ph.D., 2003.

**Intoxicated by My Illness and Other Writings on Life and Death** by Anatole Broyard, 1993.

**Man's Search for Meaning** by Viktor E. Frankl, several dates of publication.