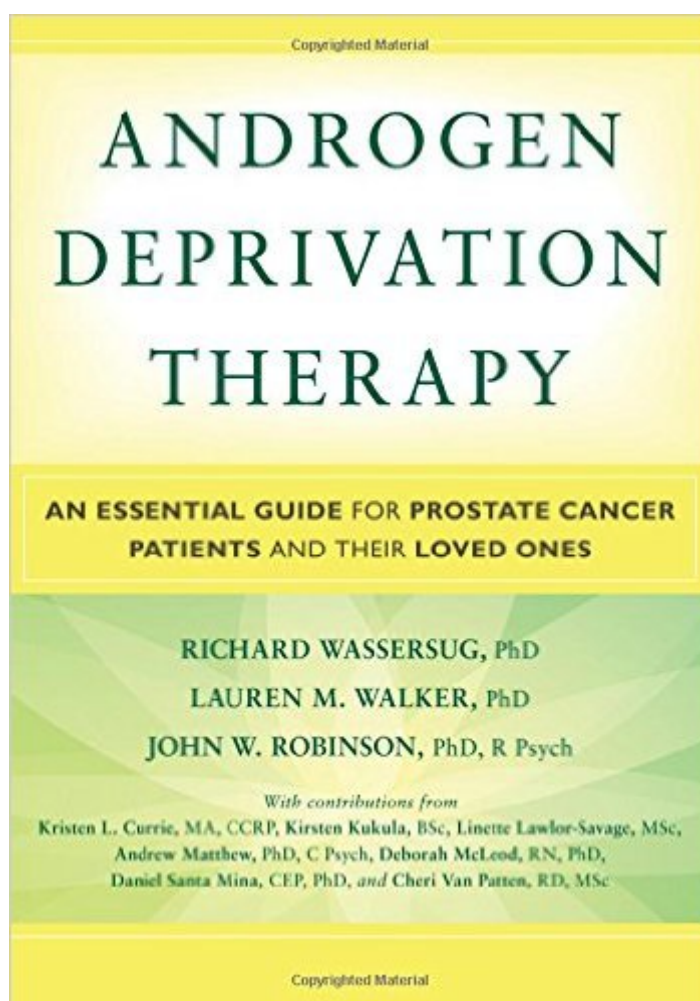


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# Androgen Deprivation Therapy: An Essential Guide For Prostate Cancer Patients And Their Loved Ones



## Synopsis

"This is an excellent resource for individuals who are both being treated by and caring for those on androgen deprivation therapy. It addresses commonly understood as well as sensitive topics impacted by this treatment and offers explanations and strategies for how to address and cope with these side effects. Its interactive activities, patient testimonials, and annotations encourage readers to study the topics so that they will better understand the issues. In all, it is a superb source of knowledge for these patients and their families and caregivers."--Doody's Book Review Service

Successfully manage the side effects of androgen deprivation therapy (ADT) and get back to life For many men with prostate cancer, ADT (sometimes referred to as hormone therapy) offers hope for controlling the disease and living longer. But the side effects can leave you with unexpected physical and emotional changes. In *Androgen Deprivation Therapy*, experts who have helped hundreds of men provide you and your loved ones with the tools and solutions you need to prepare for treatment and deal with every situation. You'll learn how to:

- Reduce hot flashes and night sweats
- Address changes in weight and body composition
- Maintain sexual intimacy despite changes in libido
- Fight fatigue and insomnia
- Control mood swings and depression
- Maintain open communication with your partner "

## Book Information

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## Customer Reviews

As a survivor of advanced prostate cancer, who has experienced the beneficial effects of androgen deprivation therapy (ADT)--as well as its aftermath--for more than five years, I wish I had known just

a tiny amount of the information contained in this invaluable book. That's not to say I wouldn't have gone ahead with ADT, which together with radiation was the essential ingredient that stopped my rapidly spreading cancer in its tracks. But had this book been in existence in 2009, I would have been far better prepared for the physical and emotional roller coaster ride that ADT induces. The lead author and prostate cancer survivor, Richard Wassersug, has himself experienced ADT and writes with a personal authenticity that a clinician removed from the reality of the misnamed "hormone therapy" could never emulate. He and his collaborators deal with every conceivable aspect of ADT, focusing especially its substantial impact on libido and sexual performance, as well as the consequence effects on the partner of the man experiencing ADT. This book is packed with helpful charts and aids. No man who is contemplating or already undergoing ADT or his partner should commence ADT without reading this book.

Reading this book should be required by any man whose doctor has recommended starting ADT, but it should be read BEFORE making the decision to start. I was diagnosed with high-risk prostate cancer in September 2013 and started ADT in November 2013. I had a reasonably clear, although as it turned out incomplete, understanding of what to expect. Neither my urologist nor my oncologist offered any meaningful explanations. I gathered what I did know at that time from a half dozen books on prostate cancer, but that required that I spend untold hours reading through them to extract the information I really needed. If I had had this book back then, I would not only have saved myself a lot of time, I also would have understood what was in store for me many times better than I did. NOBODY likes ADT. Period. However, we endure it because it presents us with a key element in our overall treatment plan. My wife and I learned much of what's in this book through trial and error. If you have been smacked with a prostate cancer diagnosis and, while still reeling from the impact, have been told you need to start ADT, study this book. Take its recommendations to heart. Doing so can save you agony (physical and psychological) and allow to deal with the life-altering side effects of ADT in calm, organized manner. If you're soon to start ADT, or are already in its clutches, buy this book. It will improve the quality of your life. Honest.

This is the most helpful book I found for ADT patients. It inspired an exercise program that improved both mental and physical feelings of well being. After reading many useful guides for prostate cancer issues, this one was the best in terms of the magnitude of side affects and their management for ADT treatment. Every one who receives this sort of therapy ought to read the book, before therapy, if possible. If you know of someone undergoing ADT, advise them to read this. The

authors have filled in the tremendous gap left by most (not all) oncologists regarding the potential stress of ADT. This book proves the "essential" of the title.

This book should be given, sold or at least recommended by every urologist and/or oncologist treating prostate cancer patients. I had never been told about most of what's in this book when I was diagnosed in 1996. I would have been able to make informed choices about my care and prepare for the side effects. Now, 20 years after diagnosis, surgery, four courses of hormone "therapy" (HT) and radiation, I am halfway through a six-month Eligard (lupron) implant, which has the worst side effects of all (even worse than surgery, in my experience). One of them is severe, drenching, dizzying, throbbing hot flashes, 2-3 times an hour, 24/7. It makes life pretty miserable. Many years ago, I had read that oncologist and prostate cancer survivor Charles (Snuffy) Meyers prescribed estradiol patches for suppressing hot flashes. During my previous courses of HT I suggested that to my physicians and they all said they hadn't heard of it, and trying it would be risky and they were sure it wouldn't work anyway. A few weeks ago I downloaded the Kindle version of this book and copied some of the referenced research that backed-up the use of estradiol. I sent copies to my primary oncologist and that did the trick! So far, the estradiol patches have cut in half the number of hot flashes, and now most are a "5" on a 10-point scale. Whew! Finally I can get a few hours of continuous sleep and might even start getting back to feeling almost humanoid. Next challenge is to convince my oncologist to let me follow author Wassersug's example and go to estradiol gel as my primary medication. Read the book and you'll see why. I am so thankful to Dr. Wassersug for his research and publishing this life-changing book.

Diagnosed with PC in 2008, my partner's cancer has progressed to requiring ADP. The decrease in intimacy and libido began right after diagnosis. It's a shock to anyone to suddenly be unable to have SI after many years of marriage. One never knows how intertwined everything is until it's gone. Suddenly I am alone and wondering what my role is to be. At least it feels like I am alone. This book explains the effects of ADT on couples and suggestions about overcoming many of the issues. It's a bit painful to read, but made me think honestly about what is happening to us as a couple. I gave it 4 stars as some of the suggestions seem repetitive on paper; could be done without. This title should be recommended to all persons facing androgen deprivation therapy. It would really help not to go into these changes blind; to make plans before the side effects are present. Now I am asking my partner to read it.

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