

About Prostate Cancer

Helpful resources

This handout provides helpful websites, books, and cookbooks with information that you can use to help prevent or deal with prostate cancer.

Online Tools

American Institute for Cancer Research

www.aicr.com

The American Institute for Cancer Research website has helpful information on how to prevent cancer.

Intimacy and Sexuality for Cancer Patients and Their Partners: A Booklet of Tips & Ideas for Your Journey of Recovery

by Dr. Darja Brandenburg, Lorraine Grover, and Barry Quinn

This online booklet is provided by the Sexual Advice Association. Visit <http://sexualadviceassociation.co.uk/downloads/sexuality-intimacy-for-cancer-patients.pdf> to download your copy.

The Prostate Cancer Foundation Nutrition and Wellness Pages

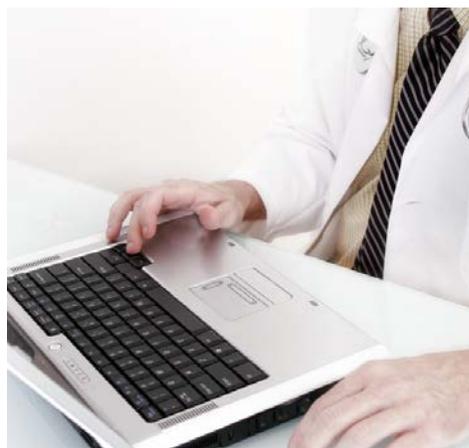
www.pcf.org/site/c.leJRIROrEpH/b.5950235/k.2777/Recipes_from_Chef_Beth_Ginsberg.htm

Chef Beth Ginsberg provides new recipes and healthy tips every month to help prevent prostate cancer. Search for recipes within Appetizers, Salads and Soups, Breakfast, Main Courses, Side Dishes, Desserts, Beverages, or Dressings, Marinades and Sauces.

Us TOO

www.ustoo.org

Us TOO International Prostate Cancer Education & Support Network is a grassroots non-profit prostate cancer education and support network. It has 325 support group chapters worldwide that provide men and their families with free information, materials, and peer-to-peer support so they



Make sure the websites you access to learn more about prostate cancer are written by recognized authorities on the subject.

can make informed choices on detection, treatment, and life after treatment. The organization was founded in 1990 by 5 men who had been treated for prostate cancer.

Books

Prostate and Cancer: A Family Guide to Diagnosis, Treatment, and Survival

by Sheldon Marks, MD

Prostate cancer specialist Sheldon Marks offers this definitive guide for men concerned about or diagnosed with prostate cancer, and for their families.

Prostate Cancer for Dummies

by Paul H. Lange and Christine Adamec (2003)

This straightforward consumer guide is for men who have been diagnosed with prostate cancer. Using everyday terms, it provides concise, up-to-date information on treatment options. It offers suggestions on how to cope with treatment side effects, receive the follow-up care you need, and handle work and family life during your recovery. This book is written by a University of Washington Medical Center urologist.

Cookbooks

American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friendship, and Healthy Living

by the American Cancer Society

This cookbook contains more than 300 simple and delicious recipes that turn healthy eating into a celebration of good food. Recipes reflect the latest research and updated recommendations for healthy eating.

Healthy Eating for Prostate Care

by Margaret Rayman, with Kay Gibbons and Kay Dilley

Scientists have found that there is a link between diet and the development and spreading of prostate cancer, and that eating the right foods can make all the difference. This book contains over 100 delicious recipes from leading chefs, all endorsed by The Cancer Research Association.

Taste for Living Cookbook: Mike Milken's Favorite Recipes for Fighting Cancer

by Joshua Mills, with Donald S. Coffey

This book is part of the outreach efforts of CaP CURE, a not-for-profit group dedicated to fighting prostate cancer. This book lists foods that are known to help fight cancer, and offers over 70 delicious recipes to help you eat more of these healthy foods.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Prostate Cancer Prevention Clinic/Men's Health Center:
206.598.6358