

## **Pathfinder series: Prostate Cancer**

### **Websites**

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

This is a Canadian website that offers a great deal of information relating to prostate cancer. There is a section on research, prostate cancer in the news, and information on how to get involved.

**Canadian Cancer Encyclopedia for the Canadian Cancer Society "Prostate"**

<http://www.cancer.ca/en/cancer-information/cancer-type/prostate/overview/?region=on>

This is an easily navigable and comprehensive database of cancer information. It covers a wide range of topics including risk education, screening, diagnosis, treatment, and supportive care.

**Our Voice: Living with Prostate Cancer in Canada**

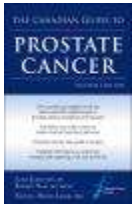
<http://pccnottawa.ca/resources/links/our-voice>

Our Voice is a Canadian Web site that helps men diagnosed with prostate cancer offering the latest information on treatment options, coping, and support. Our Voice also publishes a quarterly magazine and current and past issues are available online.

**The Prostate Centre** <http://www.prostatecentre.ca/>

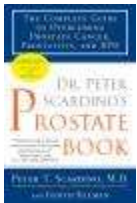
This Web site is run by The Prostate Centre, a multidisciplinary clinic in Toronto in partnership with Princess Margaret Hospital.

# Books available from Central library, St. Catharines:



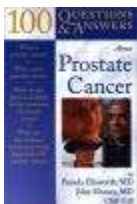
**The Canadian guide to prostate cancer / Leah Jamnicky, Robert Nam ; editor, Helen Leask.** Pub. date: 2013, **Call No.: 616.99463 Jam**

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 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 and Judith Kelman.** Pub date: c2010, **Call No.: 616.99463 Sca**

This guide to prostate care begins with the basic anatomy and what happens when 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.



**100 questions & answers about prostate cancer / Pamela Ellsworth, John A. Heaney, Oliver Gill.** Pub. date: c2003, **Cal No.: 616.99463 Ell**

This book has easy to understand answers to questions about prostate cancer from both patient's and the doctor's point of view. It helps readers understand what to expect from diagnosis to treatment covering information about treatment options, life after treatment, sources of support, etc.

## Books/videos they may be able to help you find:

**Intimacy with impotence: the couple's guide to sex after prostate disease / Ralph and Barbara Alterowitz**

Dealing with erectile dysfunction after prostate disease can allow you to rediscover and reinvigorate your relationship. This book is both informative and practical, providing information on commercial therapies and medications currently available, and gives practical advice about lovemaking. Written with complete honesty and compassion, this is an essential resource for couples.

**Life, sex, and prostate cancer: how one man healed and was made whole / John C. Hallenborg**

In this memoir, a veteran business journalist details his bout with prostate cancer, revealing what he learned about the disease-and about himself-on a 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 ones through the disease.