

# Pathfinder Series: Prostate Cancer

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*100 Questions & Answers about Prostate Cancer* / Pamela Ellsworth

Call number: 7.20.9 2015

This book gives you reliable, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Providing both doctor and patient perspectives, this easy-to-read book is a complete guide to the basics of prostate cancer, risk factors and prevention, diagnosis, treatment, survivorship, and life after diagnosis.

*The Canadian Guide to Prostate Cancer* / Leah Jamnicky & Robert Nam

Call number: 7.20.11 2013

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 the 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.

*Managing Prostate Cancer: A Guide for Living Better* / Andrew J. Roth

Call number: 7.20.25 2015

The author, a psychiatrist specializing in psychological support for cancer patients, provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life. These tools, which Dr. Roth terms "Emotional Judo", effectively teach patients to identify where their fears are rooted, how to distinguish the rational and irrational aspects of their thoughts and behaviours, make healthier choices, and ultimately transform their lives into a more fulfilling and peaceful journey.

*The Prostate: Everything You Need to Know about the Man Gland* / Yosh Taguchi

Call number: 7.20.2 2104

Readers will learn about the anatomy and function of the prostate, preventative measures, surgical options, pain control and much more. Complete with diagrams, charts and case studies, this book tackles the most common prostate problems, treatments, and questions in down-to-earth language.

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## Websites

### **American Cancer Society- Prostate Cancer**

<https://www.cancer.org/cancer/prostate-cancer.html>

The American Cancer Society provides detailed information on prostate cancer. The information this website covers includes causes, risk factors and prevention, diagnosis, staging, treatment and life after treatment. There are also downloadable PDFs full of prostate cancer information that can be printed and the latest prostate cancer news.

### **Canadian Cancer Society – Prostate Cancer**

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

The CCS has a good, detailed overview of prostate cancer – types, treatments, grading and staging of tumours, supportive care information, and a lot more. As with most things cancer related, the CCS website or their excellent Cancer Information Service phone line (1-888-939-3333) is a great place to start your research.

### **Canadian Cancer Society & Prostate Cancer Canada**

<http://www.prostatecancer.ca/>

In February 2020 Prostate Cancer Canada amalgamated with the Canadian Cancer Society. The former Prostate Cancer Canada website still offers information about research, prostate cancer in the news, support groups and other support services, and webinars from experts in cancer treatment and surgery,

### **National Cancer Institute- Prostate Cancer**

<https://www.cancer.gov/types/prostate>

This website offers a range of information including diagnosis, treatment, screening, statistics and the latest research on prostate cancer.

### **Prostate Cancer Foundation**

<http://www.pcf.org/>

A very comprehensive website from the US for newly diagnosed patients, as well as those in active treatment, survivors, and of course, information for family members and caregivers. The site is nicely organized and easy to navigate. Read about latest news and research into prostate cancer, and sign up for the Foundation's newsletter for even more information.

### **Us TOO**

<http://www.ustoo.org/>

Us TOO was founded by—and continues to be governed by—people directly affected by prostate cancer. It is a nonprofit established in 1990 that serves as a resource of volunteers with peer-to-peer support and educational materials to help men and their families/caregivers make informed decisions about prostate cancer detection, treatment options and related side effects.