

# 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 2020

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.

*Dr. Patrick Walsh's Guide to Surviving Prostate Cancer* / Patrick C. Walsh and Janet Farrar Worthington

Call number: 7.20.0 2018

In its revised fourth edition, this book covers the causes of prostate cancer, diagnosis, staging, treatment options and more. Written by renowned expert Dr Patrick Wash and award-winning science writer Janet Farrar Worthington, it includes chapters on screening and detection, active surveillance, radical prostatectomy, radiation and cryo/thermal ablation, hormonal therapy, and erectile dysfunction.

*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**

<https://cancer.ca/en/cancer-information/cancer-types/prostate>

The CCS has a good, detailed overview of prostate cancer – risks, types, signs and symptoms, grading and staging of tumours, treatments, supportive care information, statistics and 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.

### **National Cancer Institute – Prostate Cancer**

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

This U.S.-based website offers a range of information including diagnosis, treatment, screening, statistics and the latest research on prostate cancer. It also includes information about cryosurgery, hormone therapy, and clinical trials.

### **Prostate Cancer Foundation**

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

A very comprehensive website from the U.S. 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 their monthly newsletter for even more information.

### **Prostate Cancer Support Canada**

<https://prostatecancersupport.ca/>

An initiative of Prostate Cancer Foundation BC, Prostate Cancer Support Canada works in conjunction with prostate cancer support group leaders across the country and aims to ensure that the thousands of men living with prostate cancer, their families, and loved ones can access quality support services no matter where they live in Canada.

### **Zero Prostate Cancer**

<https://zerocancer.org/>

This U.S.-based nonprofit 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. In 2021, ZERO merged with Us TOO International, the nation's first prostate cancer support group network that started in early 1990 when Chicago-based Urologist Dr. Gerald Chodak met with five patients to discuss their prostate cancer journeys.