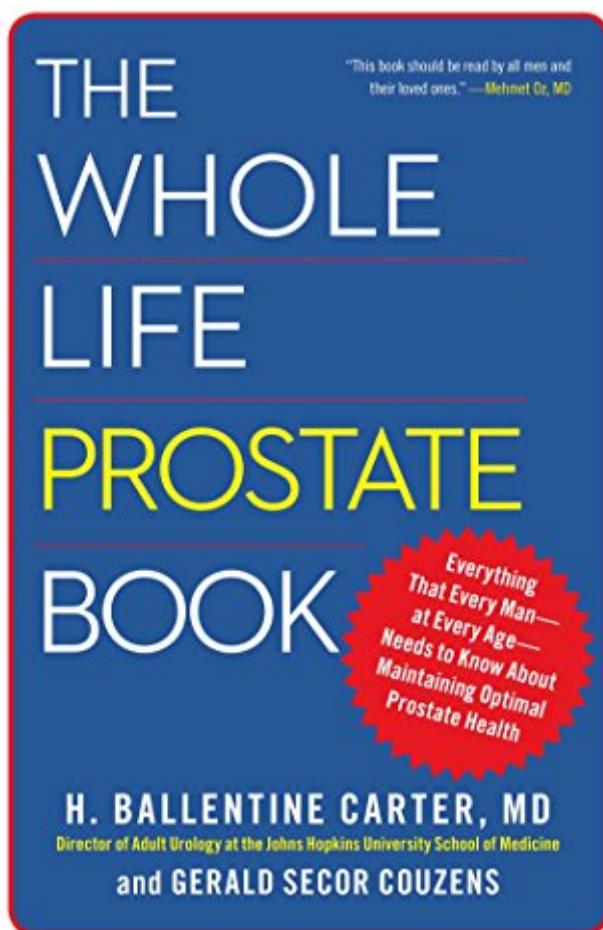


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The Whole Life Prostate Book: Everything That Every Man—at Every Age—Needs To Know About Maintaining Optimal Prostate Health



Synopsis

MEN TODAY face a growing health crisis. More than twenty million nationwide are affected by a prostate health issue, and more than two hundred thousand are diagnosed with prostate cancer every year. Many of these problems are preventable because they are related to the chronic diseases of age associated with poor health choices. Dr. H. Ballentine Carter is a preeminent expert in the diagnosis and management of prostate disease, and he believes that it's never too late—or too early—to make important changes to improve and maintain overall prostate health. Dr. Carter provides men of all ages the one resource that details what needs to be done when in crisis, but more important, he supplies crucial advice about how to prevent a prostate crisis from ever occurring. Whether a man is in his twenties, thirties, or sixties, he is one day closer to being told he has a prostate problem. But positive lifestyle changes that incorporate diet, exercise, and health maintenance can significantly lower those odds. Dr. Carter shows you how in this comprehensive and authoritative guide, *The Whole Life Prostate Book*. With wisdom gleaned from his many years in the field, Dr. Carter cuts through the overwhelming amount of information—and misinformation—on the topic, arming men with the knowledge they need to make the best decisions about prevention, testing, and treatment. In clear language, he explains how to read test results and outlines the management options available for lower urinary tract symptoms; inflammation of the prostate; and management strategies for prostate cancer, including no immediate treatment—an approach pioneered by Dr. Carter himself that's designed to preserve quality of life. Filled with simple and nutritious recipes, easy-to-follow workout routines, and a straightforward approach to demystifying the complex medical jargon of prostate disease, *The Whole Life Prostate Book* is an empowering manual for maintaining optimal health throughout a man's life.

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Customer Reviews

This is worth a read. Well worth it. I once read that 70% of all visits to the doctor are because of lifestyle. Smoking, drinking, too much food, too little exercise. This book tends to confirm that. While prostate related problems do get worse just because you age or because you have a family history, there is still a lot you can do about it. Exercise and diet being the big things. The plus is these things will help you ward off a lot of other problems. There's also a lot of discussion about doctor's over treating people who indeed have prostate issues, something that's been publicized elsewhere. I didn't notice before buying this is 500 pages long. There is a lot of stuff here, all sorts of possible prostate problems and treatment modalities are discussed in detail with references to case studies. A lot of the stuff is new to me, some not. I know I should exercise more, eat less but in any case it doesn't hurt to be reminded. Lots of nice little anecdotes. Like the Okinawans saying a prayer before they eat that they will stop eating before they are full. I'm going to tell myself that now each time I sit to eat and be conscious of it. Well worth the \$20 or whatever it was I paid.

I read this and Dr. Walshes book. I preferred this book. It has more of a current medical tone. Both are preeminent in their field. Both have spent their careers at Johns Hopkins. Dr. Carter is still working. He basically invented active surveillance. Both books are around five years old, but there haven't been that many big changes since these came out. If your psa is going up or if you have family history of prostate cancer you need to read these books. It will help you understand the diagnosis and treatment options much better. When you know more, you can ask much better questions about your lab results. Most urologists don't have the time to provide the kind of detailed explanations in these books. You owe it to yourself and your family to understand this. Ignore the mumbo jumbo diet/supplements books. They are useless and delay in real diagnosis and treatment

is not your friend.

This is my 8th book on the prostate and prostate cancer. I'm in the process of discovering what level of process can I may have (PSA spiked several months ago). What distinguishes this book from most of the others is that it not only helps educate you about the prostate and various forms of prostate diseases, it tells you the things you can do NOW to turn things around--whether you wish to avoid prostate cancer in the future or if you've already been diagnosed with it. This book teaches you how to change the environment in your body making it as hostile as possible for cancer to exist and thrive. As you might imagine, this involves: nutrition and exercise. Going through a diagnosis of prostate cancer is terrifying; it makes you feel hopeless and without any control over the circumstances of your disease. This book empowers you to take hold of your life and DO something that can fight the disease or prevent it. **HIGHLY RECOMMENDED!**

Over the years I have purchased every book on the prostate to hit the market. This book is far and away the best. Current, authoritative, comprehensive and easy to read and understand. Where other books complexify the material and take the reader through the "tall grass" Dr. Carter excels at clear and concise explanations that anticipate your questions and tailor the response in simple scientific terms. The result---you end up with clarity and confidence and are empowered to understand the issues and make informed decisions. Dr Carter has been the real "power behind the throne" at Johns Hopkins on the subject of the prostate and is internationally recognized as "the" authority in the field of prostate Cancer. You will not be disappointed with your purchase of this book.

This book steps back to take a look at how to reduce your chances of ever being told you or someone you love has cancer AND how fast you must act to get the best outcome possible. There are a TON of internet resources, clinical settings and books on this topic. Urologists (all of them are surgeons) usually suggest surgery. Radiologist offer radiation. Oncologist offer hormone and chemotherapy options. There are so many choices with this type of cancer because there is not ONE single great choice. Each person must decide what they can accept or live with and make the best choice. The notion of eww eww it is cancer, get it out of me or can you live with this disease as though you had diabetes seems to be a big obstacle for many. All sources seem to agree (even the quackery sites and books) that diet and exercise play a key role in reducing the risk, growth and spread of prostate cancer. After scouring the internet and book options I opted for this one to bring all the information together in one place that we could review to make sensible, nonFEAR based

decisions about healthcare choices. I highly suggest everyone read this book. As a side note, July 19, 2012 New England Journal of Medicine article suggests there may be little benefit to surgery for most men with prostate cancer that were studied in this report. Since this book was published prior to that date, consider whether or not you fall into the group that will truly benefit when making your choices.

Alright this book is pretty good, it tells you everything you want to know about the prostate in very understandable terms, however does it really need to mention a hundred times how diet and exercise affect your health? I spend so much time sitting on my butt reading about the value of exercise, I gained five pounds. A lot of things could have been said just once.

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