

## Foreword

Dear Reader;

If you have just been diagnosed with prostate cancer (PCa), and you don't have a computer with a modem, then you should go out and buy one now. Even if you have to skip the rent, or put off buying your kids a new pair of \$100 sneakers, or you have to eat beans for a while, buy a computer and get on-line. One of the best ways to defeat prostate cancer is to be informed. One of the best ways to be informed is to be on the Internet.

There are several on-line sites that can help you decide what treatment to choose. The Prostate-Help Mailing List (PHML) and the Prostate Problems Mailing List (PPML) are both free. There are several medical doctors that answer posted questions. There are also many, many first hand reports and accounts from patients who have experienced the various treatments. One of the best is the Prostate-Help Mailing List (PHML). To subscribe send e-mail to:

[listserv@home.ease.lsoft.com](mailto:listserv@home.ease.lsoft.com)

Subject: leave blank

Message: subscribe prostate-help

To subscribe to the PPML, send an email to:

LISTSERV@listserv.acor.org

Subject: (blank or a dash)

Message: subscribe prostate yourfirstname yourlastname

The PHML and the PPML are *\*very\** active lists, generating upwards of 100K on a typical day. That is why you need a fast modem and a large hard disk.

SeedPods is a mailing list for those interested in brachytherapy (radioactive seed implants) as a treatment for prostate cancer. To subscribe, send an email

To: majordomo@prostatepointers.org

Subject: (blank or a dash)

Message: subscribe seedpods

There are several other important web sites listed in the chapter on Resources. I have included a few accounts that were posted by PCa survivors on PHML and PPML in this book.

You don't have to have the most powerful and biggest computer available. But get one with a large hard disk, about 10 gigabytes and the fastest modem available. The 56Kb modems are the fastest used on the internet at the moment.

The net proceeds from the sale of this book are being donated to the US TOO International Support Group organization. Call them at 1-800-808-7866 and have them put you on their mailing list.

This book would not have been possible without the help and input of the several doctors listed as co-authors and the many contributions from prostate cancer survivors.

We believe that everything that stated in this book is true. But what is true today may not be true tomorrow. One of the first things that you learn in science, and especially about prostate cancer, is that there are few absolutes. In this book we make very few statements that are absolute.