

## **A Revolutionary Approach to Prostate Cancer All The Latest Treatment Options**

### **INTRODUCTION**

Drs. E. David Crawford & Aubrey Pilgrim

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 inform you so that you can 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

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 Purpose Of This Book**

The primary purpose of this book is to help inform you of your treatment options for prostate cancer. Many men panic when they hear the word cancer and just

want it out. Please do not panic. It is not a death sentence. Before you do anything, you should know about all of your options. You can then choose a treatment that is best for you. It is your body, your disease and your responsibility to make an informed choice of treatment.

The treatment options are discussed in separate chapters in this book. Most of these chapters were written by doctors who specialize in that particular therapy. However, we have to tell you that each one of these doctors is biased. They believe that their protocol and therapy is the best. If they didn't believe this, then they should not be practicing that specialty. So don't be surprised if a surgeon tells you that surgery is the best option. Or a radiologist says that radiation is best, or a brachytherapist says that seed implants are best.

There may be cases where one or the other of these therapies may be best for you. You should be aware that there may be no best treatment. A prostate cancer treatment that is optimal for one person may not be best for another. We are all different and there are different types and stages of prostate cancer. For some, the outcome may be the same, no matter which therapy is chosen.

We also have to tell you that no matter what treatment option you choose, there will be complications. Some may be minor, some may be rather drastic. But you have to remember that you have cancer. Your life is going to be changed. You will have to learn to make compromises and perhaps a few sacrifices.

We can't possibly begin to tell you all you need to know in this book. Besides, there are new developments and new treatments being introduced every day. In order to learn all you can and keep up to date, you need a computer so that you can access the Internet and the tremendous amount of information there. There are several search engines such as [www.yahoo.com](http://www.yahoo.com), [www.excite.com](http://www.excite.com), [www.lycos.com](http://www.lycos.com) and others, which can search the millions of articles and information on the Internet in just seconds. It is a fantastic resource. Computers are fairly inexpensive now. You don't need the fastest, most powerful top of the line for accessing the Internet.

You will probably be running into a lot of unfamiliar medical terms. We have included a glossary in the appendix, but it cannot possibly list all the terms that you may need to know. We suggest that you invest in a medical dictionary such as Taber's Cyclopedic Medical Dictionary. It is fairly small and has a wealth of information. Another book that might be helpful is the Appleton & Langes Drug Guide. It lists and describes most of the current drugs. If you have a computer to access the Internet, you can order these books and many others from [www.amazon.com](http://www.amazon.com) or [www.barnesandnoble.com](http://www.barnesandnoble.com).

The prostate gland is a small structure about the size of a walnut. It encircles the urethra just below the bladder. The prostate gland is a part of the reproductive

system. It provides the major part of the fluid that is mixed with the sperm cells as they are ejaculated.

Many men are not even aware that they have a prostate gland and it may never cause them any problems. Even though small, it kills 30,000 to 40,000 men each year in the U.S.

One third of the men in this country over 50 years old have prostate cancer. If you are over 50 years old and in a room with two other men over 50, one of you has prostate cancer. Men in battle always think that it is the other man who is going to be killed. So we always believe that it is the other person who has the cancer. But it doesn't always happen that way. However, before you panic, you should know that many of those prostate cancers are latent and will never cause any harm. Yet prostate cancer kills more men than any other cancer except for lung cancer.

We know that a person's lifestyle can contribute to cancer. We know that you should get a bit of exercise now and then and enjoy life. Being unhappy can definitely alter your immune system. Being happy or unhappy is often one's choice.

There are hundreds of preventive measures that you can take that can help prevent you from getting cancer. The odds will be on your side if you follow all of the common sense rules for prevention. But there is no guarantee that you can prevent it. Here is a rule that will be repeated several times in this book: The first rule when it comes to cancer is that there are no rules!

### **What's In This Book**

You will need to understand a bit about cancer in general so we talk about cancer in Chapter One. In later chapters we will discuss the prostate and the rest of the body. There will be chapters on each of the major treatment options. We will talk about the various methods of diagnosis and treatments and side effects. We will have photos and drawings of the prostate. And we will list several resources and support groups that can help you. We will even include a bit of humor now and then.

Some who are reading this book may already know a lot about these subjects. Others may know very little. We will try to take the middle ground and try to explain the subjects so that every one will understand.

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 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, except for this statement:

**The answer to cancer is early detection.**

We wish you all the very best-

Drs. Aubrey Pilgrim and E. David Crawford