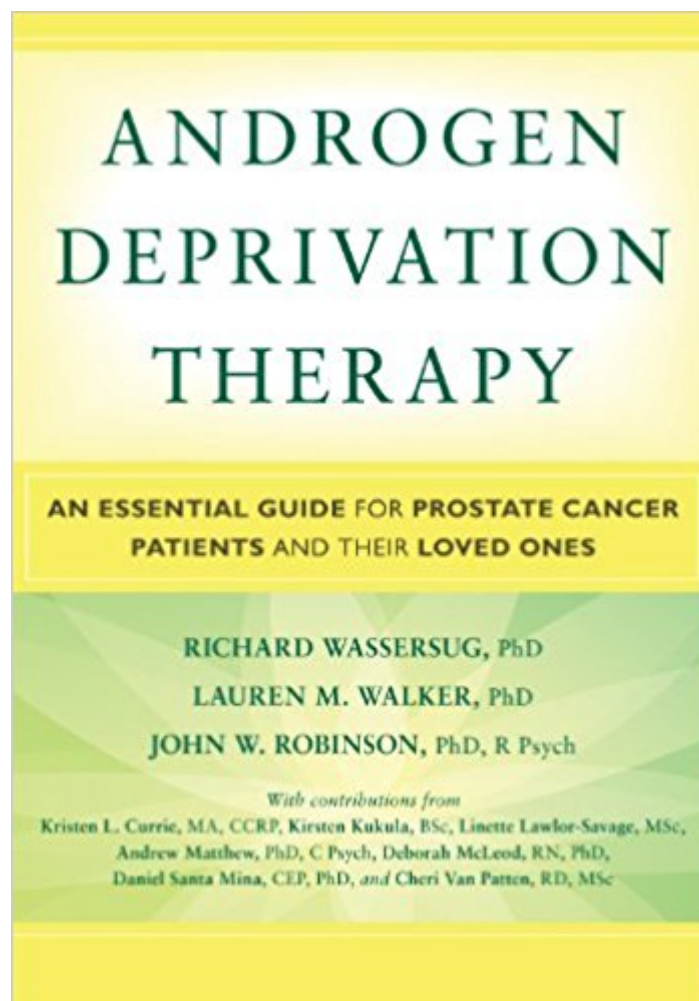




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# Androgen Deprivation Therapy: An Essential Guide For Prostate Cancer Patients And Their Loved Ones



## Synopsis

"This is an excellent resource for individuals who are both being treated by and caring for those on androgen deprivation therapy. It addresses commonly understood as well as sensitive topics impacted by this treatment and offers explanations and strategies for how to address and cope with these side effects. Its interactive activities, patient testimonials, and annotations encourage readers to study the topics so that they will better understand the issues. In all, it is a superb source of knowledge for these patients and their families and caregivers."--Doody's Book Review Service

Successfully manage the side effects of androgen deprivation therapy (ADT) and get back to life For many men with prostate cancer, ADT (sometimes referred to as hormone therapy) offers hope for controlling the disease and living longer. But the side effects can leave you with unexpected physical and emotional changes. In *Androgen Deprivation Therapy*, experts who have helped hundreds of men provide you and your loved ones with the tools and solutions you need to prepare for treatment and deal with every situation. You'll learn how to:

- Reduce hot flashes and night sweats
- Address changes in weight and body composition
- Maintain sexual intimacy despite changes in libido
- Fight fatigue and insomnia
- Control mood swings and depression
- Maintain open communication with your partner

## Book Information

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## Customer Reviews

"It was only when I began my personal journey with androgen deprivation therapy (ADT) that I was able to appreciate the profound impact this treatment has on daily life. Even with my real-life

experience with ADT accumulated over a decade, I know I cannot, within limits of one or even several office visits, begin to prepare and educate patients for their new reality. I could not even do that for myself! If only a complete user-friendly manual existed. Now it does." -Paul F.

Schellhammer, MD, Eastern Virginia Medical School / Urology of Virginia and past president of the American Urological Association "A comprehensive workbook which covers everything: side effects, diet, exercise, psychological issues, and sexual relations. And beyond helping patients understand what is going on with their body, there is encouragement and concrete, practical exercises and solutions. Every man who is a candidate for ADT needs to read this outstanding book." -Patrick C. Walsh, MD, University Distinguished Service Professor of Urology, The Johns Hopkins Medical Institutions "A fantastic, pragmatic, well-written book. Very comprehensive."

-Derek R. Wilke, MD, Department of Radiation Oncology, Nova Scotia Cancer Centre "This book is an incredibly valuable resource for men with prostate cancer considering androgen deprivation therapy and for their family and friends. It will help men to understand the pros and cons of ADT treatment and give them an idea what to expect after they start therapy. I will certainly use it in my practice and encourage other physicians to do so as well." -David F. Penson, MD, MPH, Hamilton and Howd Chair in Urologic Oncology, Professor of Urologic Surgery and Medicine, Director, Center for Surgical Quality and Outcomes Research, Vanderbilt University Medical Center "Excellent, very informative and comprehensive. Androgen Deprivation Therapy addresses issues sensitively, and is not afraid to tackle important but often ignored topics. I would be glad to recommend it to my patients." -Paul D. Abel, ChM, FRCS, FRCS, Professor and Honorary Consultant in Urology, Imperial College London "This book is excellent and provides important information for men on androgen deprivation therapy. It is very well written in easy to understand language. I will be recommending it to all my patients." -Padraig Warde, MB, ChB, BAO, FRCPC, Professor, Department of Radiation Oncology, University of Toronto "Had it [this book] existed when Dean and I were experiencing the side effects of hormone ablation, it might have changed our lives radically. Sensitively constructed, with helpful questions and suggestions." -Victoria Hallerman, author of *How We Survived Prostate Cancer: What We Did and What We Should Have Done* (2013-12-18) --Paul F. Schellhammer, MD, Eastern Virginia Medical School / Urology of Virginia and past president of the American Urological Association

Richard Wassersug is a research scientist, who got his PhD in evolutionary biology from the University of Chicago. He then spent most of his career studying the biology of amphibians and teaching anatomy in the medical school at Dalhousie University in Halifax, Nova Scotia. However, at

the age of 52 he was diagnosed with prostate cancer and has since receiving multiple treatments for the disease. After beginning androgen deprivation therapy, he redirected his research to study the psychology of androgen deprivation in various populations. Richard is now an Adjunct Professor in the Department of Urologic Sciences at the University of British Columbia and Co-Lead for the Vancouver Prostate Centre's new Prostate Cancer Supportive Care Program. Lauren Walker has a PhD in clinical psychology, and is a clinical fellow in the Department of Oncology at the University of Calgary and the Tom Baker Cancer Centre. She completed her doctorate research evaluating a patient education initiative for preparing prostate cancer patients (and their partners) starting on androgen deprivation therapy. She works clinically with couples helping them adapt to the sexual implications of cancer treatments. She is an active researcher, who has contributed several key articles to the scientific literature on the psychosocial adaptation to androgen deprivation therapy. John Robinson has been a clinical psychologist and a member of the Genital Urinary Program at the Tom Baker Cancer Centre in Calgary, Alberta since 1986. He concurrently provides clinical service and develops new ways to ease the psychological burden of cancer on not just patients but also their loved ones. He has appointments in both Oncology and Clinical Psychology at the University of Calgary where he teaches and carries on an active research program. Andrew Matthew is a senior staff Psychologist at Princess Margaret Cancer Centre. He is a Clinician-Investigator in the Department of Surgery, Division of Urology, and a member of the Department of Psychosocial Oncology and Palliative Care. He is also an Assistant Professor in the Faculty of Medicine, University of Toronto, in the Departments of Surgery and Psychiatry. Kirsten C. Kukula holds a bachelor's degree, combined honors in biology and sociology, from Dalhousie University. She works as a Research Assistant at Dalhousie University and Capital Health District Authority mainly on projects in the area of psychosocial oncology. Her areas of interest include the social determinants of health, sexuality, and medicine. Deborah McLeod is a clinician scientist in nursing with the QEII Cancer Care Program in Halifax, NS, Canada. She is a clinical member of the psychosocial oncology team, providing individual, couple and family therapy. She conducts research with couples that are coping with cancer, with a focus on communication and sexuality. Linette Lawlor-Savage, B.Sc., is completing Doctoral studies in Clinical Psychology at the University of Calgary, Canada. Her primary interest areas are neuropsychology and psychosocial oncology. Her current research utilizes behavioral and neuroimaging methods to investigate cognitive functioning (e.g., loss and recovery of abilities such as memory, thinking speed, and decision making) in healthy aging adults and in cancer survivors. Daniel Santa Mina completed his doctoral studies at York University examining the psychosocial and physiological effects of exercise

in men with prostate cancer. He is a Certified Exercise Physiologist with the Canadian Society for Exercise Physiology and holds certification as a Cancer Exercise Specialist from the Rocky Mountain Cancer Rehabilitation Institute. Dr. Santa Mina is currently a Post Doctoral Fellow at the Prostate Centre in the Princ

Diagnosed with PC in 2008, my partner's cancer has progressed to requiring ADP. The decrease in intimacy and libido began right after diagnosis. It's a shock to anyone to suddenly be unable to have SI after many years of marriage. One never knows how intertwined everything is until it's gone. Suddenly I am alone and wondering what my role is to be. At least it feels like I am alone. This book explains the effects of ADT on couples and suggestions about overcoming many of the issues. It's a bit painful to read, but made me think honestly about what is happening to us as a couple. I gave it 4 stars as some of the suggestions seem repetitive on paper; could be done without. This title should be recommended to all persons facing androgen deprivation therapy. It would really help not to go into these changes blind; to make plans before the side effects are present. Now I am asking my partner to read it.

Reading this book should be required by any man whose doctor has recommended starting ADT, but it should be read BEFORE making the decision to start. I was diagnosed with high-risk prostate cancer in September 2013 and started ADT in November 2013. I had a reasonably clear, although as it turned out incomplete, understanding of what to expect. Neither my urologist nor my oncologist offered any meaningful explanations. I gathered what I did know at that time from a half dozen books on prostate cancer, but that required that I spend untold hours reading through them to extract the information I really needed. If I had had this book back then, I would not only have saved myself a lot of time, I also would have understood what was in store for me many times better than I did. NOBODY likes ADT. Period. However, we endure it because it presents us with a key element in our overall treatment plan. My wife and I learned much of what's in this book through trial and error. If you have been smacked with a prostate cancer diagnosis and, while still reeling from the impact, have been told you need to start ADT, study this book. Take its recommendations to heart. Doing so can save you agony (physical and psychological) and allow to deal with the life-altering side effects of ADT in calm, organized manner. If you're soon to start ADT, or are already in its clutches, buy this book. It will improve the quality of your life. Honest.

This is the most helpful book I found for ADT patients. It inspired an exercise program that improved

both mental and physical feelings of well being. After reading many useful guides for prostate cancer issues, this one was the best in terms of the magnitude of side affects and their management for ADT treatment. Every one who receives this sort of therapy ought to read the book, before therapy, if possible. If you know of someone undergoing ADT, advise them to read this. The authors have filled in the tremendous gap left by most (not all) oncologists regarding the potential stress of ADT. This book proves the "essential" of the title.

This book speaks of feeling, loving, touching, finding new ways to replace what you've lost to low libido. How about NO-Libido with ADT? That is what you are left with. It's not about penetrative sex it's about no desire whatsoever. And everything else I've read spews out the same rhetoric. I will get several more years of life because of ADT but living life as a eunuch is not pleasurable. I may not have the ability to have intimacy because of a lost libido but I do have a memory of what I once had and have not been able to refind it. And it sure isn't in a book.

The information provided by the author is an easy to understand walk through journey, as the author is a prostate cancer survivor, and provides support thru the Prostrate Cancer Support Care Program. Dr. Wassersug provides, The What, Where, When and Why. Fred Muenzmay, Cancer Patient

Very helpful. Richard is also on various PCa listservs & is often very helpful. Book well designed to offer different types of support/guidance, depending on what would best help an individual.

The book is very easy reading. It is not dry. The subject matter is well presented and does offer a good basis for discussion with both your doctors and your loved ones.

This book should be given, sold or at least recommended by every urologist and/or oncologist treating prostate cancer patients. I had never been told about most of what's in this book when I was diagnosed in 1996. I would have been able to make informed choices about my care and prepare for the side effects. Now, 20 years after diagnosis, surgery, four courses of hormone "therapy" (HT) and radiation, I am halfway through a six-month Eligard (lupron) implant, which has the worst side effects of all (even worse than surgery, in my experience). One of them is severe, drenching, dizzying, throbbing hot flashes, 2-3 times an hour, 24/7. It makes life pretty miserable. Many years ago, I had read that oncologist and prostate cancer survivor Charles (Snuffy) Meyers prescribed

estradiol patches for suppressing hot flashes. During my previous courses of HT I suggested that to my physicians and they all said they hadn't heard of it, and trying it would be risky and they were sure it wouldn't work anyway. A few weeks ago I downloaded the Kindle version of this book and copied some of the referenced research that backed-up the use of estradiol. I sent copies to my primary oncologist and that did the trick! So far, the estradiol patches have cut in half the number of hot flashes, and now most are a "5" on a 10-point scale. Whew! Finally I can get a few hours of continuous sleep and might even start getting back to feeling almost humanoid. Next challenge is to convince my oncologist to let me follow author Wassersug's example and go to estradiol gel as my primary medication. Read the book and you'll see why. I am so thankful to Dr. Wassersug for his research and publishing this life-changing book.

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