

Winning the Battle against Prostate Cancer: Get the Treatment that Is Right for You

Gerald Chodak

Demos Health (December 2013)

Softcover \$19.95 (440pp)

978-1-936303-54-0

“Cut and Burn” treatments—prostate or lymph node removal, medical sterilization, different modes of radiation, and other highly invasive treatments—have been standard practice for prostate-cancer specialists for decades, although recent research indicates that such interventions may not extend life expectancy. And then there are the medications, most of which come with devastating side effects. Regardless of the treatment, a patient's quality of life will suffer with these common standards of care.

With a wonderfully unbiased orientation toward informed consent and individualized care, Gerald Chodak, MD, provides an exhaustive analysis of the modern prostate-cancer treatments in *Winning the Battle Against Prostate Cancer*. Chodak is clear about what lab results mean for prognosis, and he suggests objective options.

The book is organized by order of what can be done when a previous intervention has failed. Informative research will help patients work out their own cost-benefit analysis of different treatment methods, including new and experimental treatments. Chodak also analyzes the value of some alternative health practices (diet, herbs, and supplements), and is a enthusiastic proponent of vegan diets. *Winning the Battle* doesn't encourage readers to be at odds with their doctors. Instead, they will benefit from the realization that not all prostate cancer treatments are right for every man.

CARRIE WALLACE (Winter 2014)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.