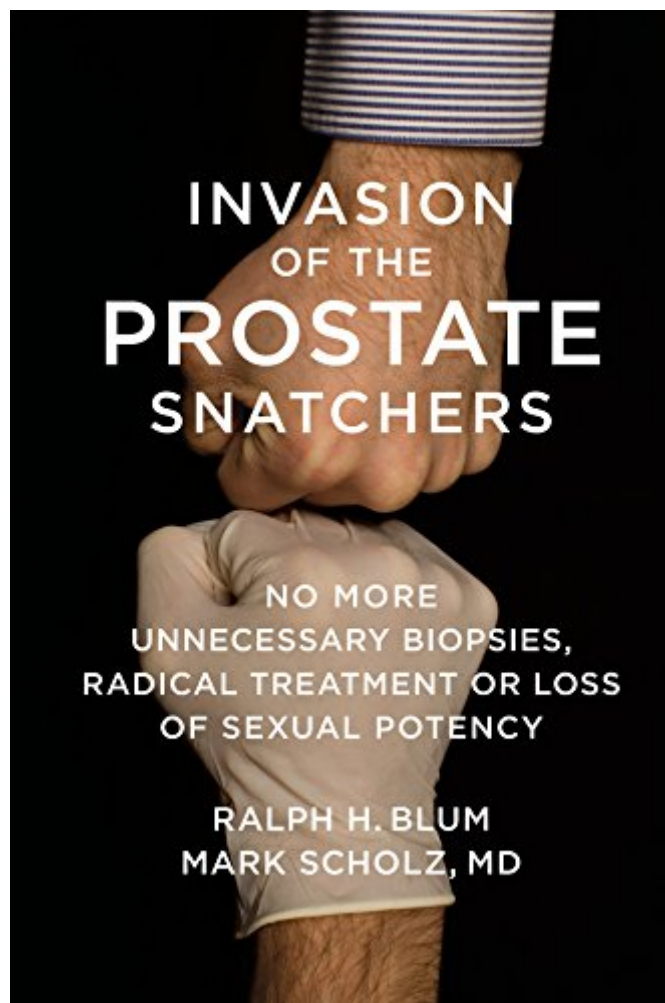




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# **Invasion Of The Prostate Snatchers: No More Unnecessary Biopsies, Radical Treatment Or Loss Of Sexual Potency**



## Synopsis

Every year almost a quarter of a million confused and frightened American men are tossed into a prostate cancer cauldron stirred by salespeople representing a multibillion-dollar industry. In this flourishing business, the radical prostatectomy is still the most widely recommended treatment option. Yet a recent and definitive study in the New England Journal of Medicine concluded that out of the fifty thousand prostate operations performed annually, more than forty thousand are unjustified. But this is no surprise given that 99 percent of all doctors treating this disease are surgeons or radiation therapists. The appalling fact is that men are still being rushed into a major operation that rarely prolongs life and more than half the time leaves them impotent. Invasion of the Prostate Snatchers is a report on the latest thinking in prostate cancer therapy: close monitoring—active surveillance rather than surgery or radiation—should be the initial treatment approach for many men. There are three stages of prostate cancer and this book will provide accurate information about how to distinguish between them: Low-Risk, which requires no immediate treatment; Intermediate-Risk, which will benefit from surgery, radiation, and/or hormonal therapy; and High-Risk, a type that does require immediate treatment with a combination of therapies. In a unique collaboration, doctor and patient provide a wholly new perspective on managing this disease. Ralph Blum's account of his personal struggle, together with Dr. Mark Scholz's presentation of new scientific advances, provides convincing evidence that this noninvasive approach can be crucial in preventing tens of thousands of men from being overtreated every year. Invasion of the Prostate Snatchers serves as an indispensable map through the medical minefield of prostate cancer.

## Book Information

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## Customer Reviews

Don't let the seemingly flip title of the book put you off. This is a serious examination of the treatment of prostate cancer. It is well written and loaded with information on alternatives to radical treatment of the disease. I was diagnosed with prostate cancer in April of this year. A biopsy revealed stage 1 cancer with a Gleason score of 6 and a PSA of 5.1. My first reaction was "get it out of me" and both urologists I consulted agreed. I was all set to make arrangements for a radical prostatectomy. My wife and brother both called me to tell me to listen to a segment on NPR on prostate cancer. It was a short piece about this book. I purchased and read it and I am now consulting with my GP to undergo active surveillance or "watchful waiting". There is an extended bibliography with capsule reviews of the books for those who want to be better informed. I have been to one seminar and read three books on prostate cancer and spent countless hours on the internet. This book is without a doubt the best source of information on the subject I have encountered. If you are considering radical treatment and have been diagnosed as a low risk stage cancer patient READ THIS BOOK. It will change your life, literally. A post script to this review and my personal story. I enrolled in the watchful waiting program at the University of Chicago Hospital. Part of their protocol is that you have to have a biopsy to start the program regardless of how recent your last biopsy was. The U of C biopsy revealed a higher presence of cancer in different areas of the prostate and a more aggressive cancer. I did not want the second biopsy but I am glad that I did. I proceeded with Brachytherapy. The point is that watchful waiting has it's inherent risks as well. Don't rush into anything but for god's sake take nothing for granted.

This book was a birthday present for my husband, who had already read the entire book after checking it out from the library. But he valued the content so much that he wanted his own copy...thus it's appearance on his birthday wish list. This book allowed him to rethink his urologist's

quick insistence that he have a biopsy (of course, at that doctor's office) and that doctor's claim that only "1 in 1000" have a risk from the procedure. That number sounded way to....made up. It also helped my husband to understand better how to use and interpret the PSA and the risks of following "doctor's advice" as well as the risks of not doing so---of "watchful waiting". The book was written by a doctor AND a patient, which gives a much more thorough perspective and helped my husband to decide to get a second opinion...this time from a integrative doctor that doesn't financially benefit from a biopsy procedure.

I would highly recommend this book to each and every man (and his partner) newly diagnosed with prostate cancer, before having a biopsy, or making a decision on your treatment. The book was co-authored by an Oncologist, who has specialised in prostate cancer for many, many years. This gives me much confidence in the book, as most other medical opinions are by Urologists, which are surgeons - and what opinion would you expect from a surgeon, other than surgery? The book provides me with precise information that I dearly needed but was not provided by my Urologist. What I would also recommend is that you take responsibility for your disease and get all the information you can, read all books you can and speak to others with PC before you make a final decision on your treatment. Do not leave the decision to your Urologist, or allow yourself to be pressured into a decision by him. Radical surgery may be the better option, but YOU need to make the decision, not your doctor, and YOU must live by the consequences. The Authors are not going to be there when the cancer has metastasised and the Urologist is not going to be there if you cannot have an erection or wet your pants. I've been diagnosed with prostate cancer in November 2010 and it was like a death sentence, due to the Urologist coldly informing me on the phone that I have prostate cancer. His only recommendation was "radical prostatectomy immediately". As was the advice of two other Urologists. My stats were as follows: PSA 1.9, Gleason Score of 3+3, on which all three Urologists unanimously based their recommendations of immediate surgery. According to "Prostate Snatchers", my stage of cancer would be classified as "Low" to "Intermediate" risk, requiring no immediate surgery, recommending active surveillance. Totally contradicting to the Urologists' recommendations. I have taken responsibility for the disease, went on a mainly vegan diet, also cutting sugar, margarine, most salt, preservatives, only drinking filtered water and started a fitness program. Not easy coming from a meat-loving culture and way of life. But I'm sure my body is very grateful, as I have lost 16 kg in 6 months and am on a program of Active Surveillance of my disease (not doing nothing nor hoping the cancer will go away by itself). And as recommended in the book, I will go for surgery if the conditions dictate so. This book doesn't offer

much specific advice on "alternative cures" (e.g. diet etc.), as there are numerous books on this subject available. It does offer you sound advice on making vital decisions and on managing your disease and living in peace along with it. I've also learnt that there are probably advanced cures on the horizon that I could benefit from when they become available. Making the correct decisions now will buy me time to benefit from new cures. It is still early times for me, but as Ralph has outlived the disease for 20 years, it gives me much hope that I too can outlive this disease (with proper quality of life), by doing what is right. I have the hope that "I may die with the disease, but not from the disease" (as quoted in the book). From the information learned from the book, I can have peace of mind that I have the knowledge that I can make the correct decisions, now and in future. However, do read many other books and research your disease and your specific circumstances to enable you to make the best decision for yourself. Ben

This book is SPOT on! I was halfway through the medical/industrial complex mutilation of my prostate gland when I read a review of this book in the NYT. I got it and immediately started asking the important questions that prevented unnecessary and life altering treatments. What they outlined is the "normal process" is precisely what was happening to me. Urologist: they are surgeons by training and want to operate. Oncologist: want to irradiate or poison you (chemotherapy). Other: you into a woman via Hormone therapy. You have a much better chance taking low-dose aspirin (numerous studies demonstrate taking this reduces ALL forms of cancer by 30%) and watchful waiting. The dirty little secret is there is NO statistical difference in longevity from treatment vs non treatment.

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