

Chapter 17. Resources

With contributions from Nancy L. Brown, Ph.D., Palo Alto Medical Foundation Research Institute; and Stan Rosenfeld, Patient Advocate, Marin Cancer Institute, Marin General Hospital.

Many patients feel like they want to do a lot of research and find resources they want to help them decide on the best treatment for them. In addition, some people prefer movies, some prefer books and/or pamphlets, and some prefer the Internet. In this section, you will find several of each of these resources. This is not meant to be a comprehensive list of local treatment resources, but it will give you a place to start.

Patients also may not know how to evaluate the all the information they find, and it may be helpful to them to know some of the resources that their physicians consider to be most helpful. We do not want to discourage you from finding information that is not listed here or from discussing it with your caregivers. But we do want to make it convenient to find trustworthy information that other prostate cancer patients have found to be really helpful.

The following list of resources is organized by type of resource, and the resources have been recommended by our prostate cancer specialists and by other patients. We hope this helps you navigate the wide world of available information.

Getting Started

Videos/DVD

- *Prostate Cancer: A Patient's Guide to Understanding the Stages of Disease and Treatment Options* (Sutter Health, 2006). This video was developed by Sutter Health professionals to help you make decisions. It is a great place to start.

Pamphlets

- Bostwick, Maclennan, and Larson: *Prostate Cancer: Treatment Guidelines for Patients* (American Cancer Society, 2002)
www.amazon.com/exec/obidos/tg/detail/-/0375753192/qid=1121374518/sr=8-2/ref=sr_8_xs_ap_i2_xgl14/104-5853837-1867919?v=glance&s=books&n=507846
- *What You Should Know About Prostate Cancer*. AstraZeneca Pharmaceuticals LP, 2002:
www.prostateinfo.com
- Booklet by TAP Pharmaceuticals (Manufacturer of Lupron):
www.lupron.com/prostate

Magazine Articles

- "Taking on Prostate Cancer," Andy Grove, *Fortune*, May 13, 1996
www.fortune.com/fortune/articles/0,15114,377077,00.html

Organizations

Cancer

- National Cancer Institute: www.cancer.gov/cancertopics/types/prostate
- American Cancer Society 1-800-ACS-2345 or www.cancer.org/docroot/home/index.asp
- Health and Healing Center (an integrative health program) at California Pacific Medical Center, a not-for-profit hospital in San Francisco. 415-600-HEAL (4325) or www.myhealthandhealing.org.

Prostate Cancer

- CDC Web site: www.cdc.gov/cancer/prostate
- National Prostate Cancer Coalition (NPCC): www.pcacoalition.org/site/PageServer
- NIH on Prostate Cancer/Medline Plus: www.nlm.nih.gov/medlineplus/prostatecancer.html
- Prostate Cancer Foundation: www.prostatecancerfoundation.org
- Prostate Cancer Research Institute (PCRI): www.prostate-cancer.org

For Partners

- PCI (Prostate Cancer Institute) Information for Partners
www.prostate-cancer-institute.org/prostate-cancer-partners/prostate-cancer-partners.html

Clinical Trials

- National Center for Complementary and Alternative Medicine:
<http://nccam.nih.gov/clinicaltrials/prostatecancer.htm>
- UCLA Medical Oncology and Southern California Prostate Cancer Study Group Program in Prostate Cancer:
www.medonc.med.ucla.edu/prostate_cancer_FAQ.htm
- CenterWatch Clinical Trials Listing Service Providing a State-by-State Listing of Clinical Trials about Prostate Cancer:
www.centerwatch.com/patient/studies/cat36.html

Treatment Options

- Valley Cancer Institute Hyperthermia Holistic Center <http://www.vci.org/>
- Proton Radiation Treatment, Loma Linda University Medical Center Proton Treatment Center
<http://www.llu.edu/proton/>

Web Sites

Pictures

- Healthwise Images:
www.pamf.org/health/healthinfo/index.cfm?section=healthinfo&page=article&sgml_id=tp10105-sec

Sutter Health prostate cancer information and treatment centers

- Sutter Health: www.cancer.sutterhealth.org, and www.cancer.sutterhealth.org/information/prostatecancer.html (prostate)
- Marin Cancer Institute: www.maringeneral.sutterhealth.org/health/healthinfo/index.cfm?section=healthinfo&page=article&sgml_id=ncicdr0000062965
- Palo Alto Medical Foundation Prostate Cancer Resources: www.pamf.org/prostate/treatment (radiation): www.pamf.org/prostate/treatment/prostatectomy.html (surgery)
- California Endocurietherapy Medical: www.cetmc.com
- Alta Bates/Summit: www.altabatessummit.org/ehi/ehicancer.html

Other Local Sites

- **Stanford:** <http://cancer.stanfordhospital.com/healthInfo/cancerTypes/prostate/default>
- **UCSF:** http://urology.ucsf.edu/clinicalRes/CRuroOnc_prostate.html
- **California Cancer Care:** www.CaliforniaCancerCare.com

Prostate Cancer – General Resources

- White papers – Johns Hopkins University: www.amazon.com/exec/obidos/tg/detail/-/1933087129/qid=1121368348/sr=8-2/ref=sr_8_xs_ap_i1_xgl14/104-5853837-1867919?v=glance&s=books&n=507846
- Vernon E. Weldon, (1996). “Should We and Can We Cure Prostate Cancer?” *Western Journal of Medicine*; 164:341 www.marinurology.com/articles/cap/can-we.htm
- University of Georgia Web site: www.rx.uga.edu/main/home/phrm3850/HTDOCS/prostate.html
- Sloan-Kettering – Nomograms: www.mskcc.org/mskcc/html/10088.cfm
- Nexcura
CancerFacts.com is owned and operated by NexCura: <http://nexcura.com/Default.asp>
- www.cancerfacts.com (treatment algorithm for different cancers)

E-mail/Bulletin Boards

- General forums at health forums: www.healthforums.com/start
- Prostate Cancer Forums: www.healthforums.com/topics/1,1277,home~617,00.html

- Johns Hopkins University Prostate Bulletin:
www.hopkinsprostate.com/html/pbSubscribe.html

Erectile Dysfunction

- Erectile Dysfunction Information Center: www.cure-ed.com/index.html

Newsgroups

- Cancer Index Links to Many News Groups: www.cancerindex.org/clinks3b.htm

Online Newsletters

- Prostate Cancer Research Group Newsletter:
www.prostate-cancer.org/resource/insights.html

Support Groups

- Us Too: Prostate Cancer Education and Support: www.ustoo.org
- Men's Health and Cancer: Prostate Cancer Treatment and Support
www.malecare.com/support_groups.htm
- Cancer Society: www.cancersociety.com/forum/index.cfm

Books About Nutrition

- Bloch, Cassileth, Holmes & Thompson: *Eating Well, Staying Well During and After Cancer*. Publisher: American Cancer Society (2004).
- Clegg & Miletello: *Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment* (2002).
- Ghosh, Carson & Cohen: *Betty Crocker's Living With Cancer Cookbook*. Publisher: Wiley (2002).
- Haller: *What to Eat When You Don't Feel Like Eating*. Publisher: Robert Pope Foundation (1994).
- Weihofen & Marino: *The Cancer Survival Cookbook: 200 Quick & Easy Recipes with Helpful Eating Hints*. Publisher: Chronimed (1998).

Books About Prostate Cancer

- Bostwick, Crawford, Roach & Higano: *American Cancer Society's Complete Guide to Prostate Cancer*, 2004.
- Gottlieb & Mawn: *The Men's Club: How to Lose Your Prostate Without Losing Your Sense of Humor*. Publisher: Pathfinder (1999).

- Grimm, Blasko & Sylvester: *The Prostate Cancer Treatment Book*. Publisher: McGraw Hill, 2003.
- Lange & Adamec: *Prostate Cancer for Dummies*. Publisher: For Dummies, 2003
- Marks: *Prostate Cancer*. Publisher: Perseus Books Group, 2003.
www.amazon.com/exec/obidos/tg/detail/-/0738208396/qid=1121373647/sr=8-1/ref=pd_bbs_ur_1/104-5853837-1867919?v=glance&s=books&n=507846
- Perlman & Drescher (Editors): *A Gay Man's Guide to Prostate Cancer*. Publisher: Haworth Press (2005).
- Strum & Pogliano: *A Primer on Prostate Cancer: the Empowered Patients' Guide*. Life Extension Media 2002.
www.amazon.com/exec/obidos/tg/detail/-/0965877760/qid=1121373759/sr=8-1/ref=sr_8_xs_ap_i1_xgl14/104-5853837-1867919?v=glance&s=books&n=507846
- Wainrib, Haber & Maquire: *Men, Women and Prostate Cancer: A Medical and Psychological Guide to Women and the Men They Love*, Publisher: New Harbinger, 2000.
- Walsh (Johns Hopkins): *The Prostate: A Guide for Men and the Women Who Love Them*. Publisher: The Johns Hopkins University Press, 1995.
www.amazon.com/exec/obidos/tg/detail/-/0801849896/qid=1121373923/sr=8-2/ref=sr_8_xs_ap_i2_xgl14/104-5853837-1867919?v=glance&s=books&n=507846
- Wood: *Prostate Answer Book: Remedies and Cures Every Man Should Know and What Your Doctor Never Tells You About Surgery*, Publisher: FC & A, 1997.
www.amazon.com/exec/obidos/tg/detail/-/1890957941/qid=1121373830/sr=8-1/ref=pd_bbs_ur_1/104-5853837-1867919?v=glance&s=books&n=507846

Sexuality/Intimacy

- Alterowitz and Alterowitz: *Intimacy with Impotence: The Couple's Guide to Better Sex After Prostate Disease*, Da Capo Press, 2004.
- Howe, Desiree: *His prostate and Me: A Couple Deals with Prostate Cancer*. Winedale Publishing, 2002.

