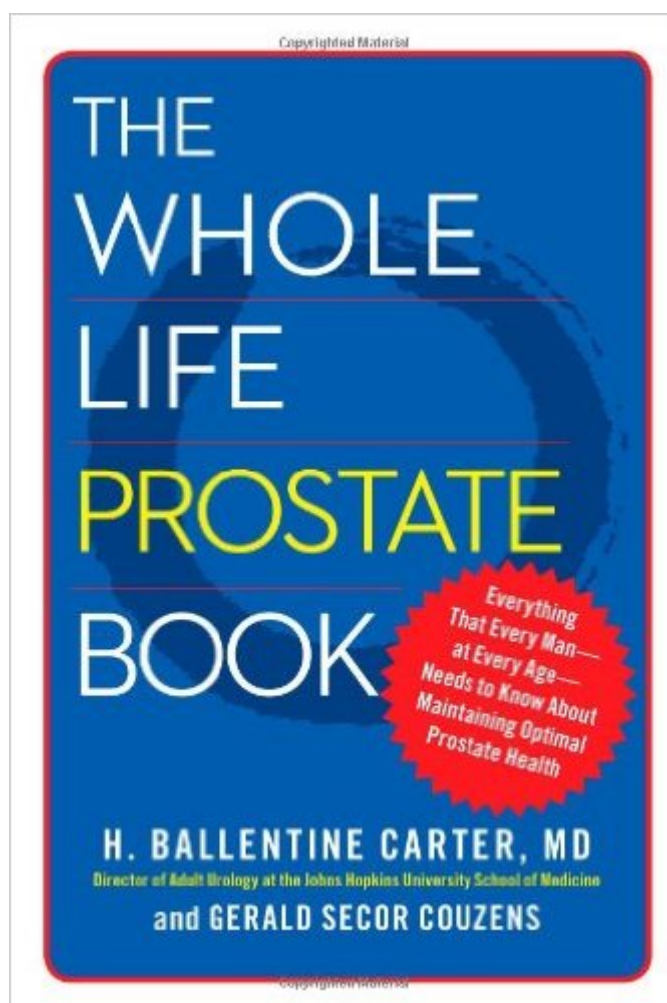


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# The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs To Know About Maintaining Optimal Prostate Health



## Synopsis

One of the world's preeminent prostate cancer doctors offers the authoritative and definitive guide for men of all ages for better prostate health and longevity. The book is sure to become for prostate health what Dr. Susan Love's Breast Book has been for breast health—the book that everyone will want to read. MEN TODAY face a growing health crisis. More than twenty million nationwide are affected by a prostate health issue, and more than two hundred thousand are diagnosed with prostate cancer every year. Many of these problems are preventable because they are related to the chronic diseases of age associated with poor health choices. Dr. H. Ballentine Carter is a preeminent expert in the diagnosis and management of prostate disease, and he believes that it's never too late—or too early—to make important changes to improve and maintain overall prostate health. Dr. Carter provides men of all ages the one resource that details what needs to be done when in crisis, but more important, he supplies crucial advice about how to prevent a prostate crisis from ever occurring. Whether a man is in his twenties, thirties, or sixties, he is one day closer to being told he has a prostate problem. But positive lifestyle changes that incorporate diet, exercise, and health maintenance can significantly lower those odds. Dr. Carter shows you how in this comprehensive and authoritative guide, *The Whole Life Prostate Book*. With wisdom gleaned from his many years in the field, Dr. Carter cuts through the overwhelming amount of information—and misinformation—on the topic, arming men with the knowledge they need to make the best decisions about prevention, testing, and treatment. In clear language, he explains how to read test results and outlines the management options available for lower urinary tract symptoms; inflammation of the prostate; and management strategies for prostate cancer, including no immediate treatment—an approach pioneered by Dr. Carter himself that's designed to preserve quality of life. Filled with simple and nutritious recipes, easy-to-follow workout routines, and a straightforward approach to demystifying the complex medical jargon of prostate disease, *The Whole Life Prostate Book* is an empowering manual for maintaining optimal health throughout a man's life.

## Book Information

Hardcover: 496 pages

Publisher: Free Press; 1 edition (June 5, 2012)

Language: English

ISBN-10: 1451621213

ISBN-13: 978-1451621211

Product Dimensions: 6 x 1.4 x 9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #665,133 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #68 in [Books > Health, Fitness & Dieting > Men's Health > Prostate Health](#) #634 in [Books > Health, Fitness & Dieting > Men's Health > General](#)

## Customer Reviews

Using the internet to get educated about prostate issues is a frustrating experience. On one side, you have sites which are clearly pseudo science quackery and on the other side you have scientific papers which require a background in medicine and statistics to comprehend. The few useful sites, like Dr. Catalona's, are few and far between. Your primary care doctor will refer your questions to your urologist, and your urologist won't have the time to educate you properly. Dr. Carter, a leading urologist at Johns Hopkins, has taken the time to put in one volume a clear, well organized and very complete presentation of every aspect of mens' urologic health. To his credit, Dr. Carter includes lifestyle and dietary measures which can be taken to prevent prostate disease. "An ounce of prevention is worth a pound of cure": it's unusual to see a physician and surgeon offer this information, as doctors are compensated to treat disease, but not to prevent it. Dr. Carter goes through every possible issue that can arise in a man's genito-urinary tract, ranging from "overactive bladder" to prostate cancer, and describes in detail every possible treatment and the pros and cons of each. Even though the author has performed thousands of prostatectomies, he states unequivocally that prostate cancer is highly over treated in this country and explains how "active surveillance", a program he pioneered at Johns Hopkins, can be the best choice for many. The alphabet soup of acronyms you will encounter on this subject are fully decoded, and all the various procedures, their outcomes and their side effects, are fully described. About one man in six will be told at some point in his life that he has prostate cancer.

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