



Complete Prostate Book: What Every Man Needs to Know

J Stephen Jones

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For men approaching forty and older, the prostate gland is frequently a source of health problems, ranging from mild nuisances to life-threatening malignancies. Thus, it's important that every man understand what the prostate is, what to do to avoid future problems, and how to treat existing ones.

Dr. J. Stephen Jones — a leading urologist at the Cleveland Clinic Foundation and a nationally recognized authority on prostate problems and treatment — has written this comprehensive, thorough, informative, and completely accessible volume to give men all they need to know about this potentially troublesome organ. The book, divided into three sections, covers the basic anatomy and function of the prostate, benign conditions that most men eventually experience, and prostate cancer.

Using accessible and informative language, Dr. Jones explains:

what to expect from a trip to the urologist's office and different examination techniques

the impact of sexual activity on prostate and overall health

benign conditions

alternative or complementary remedies

the typical symptoms of prostatitis and treatment of an enlarged prostate

PSA screening and the controversy surrounding its effectiveness

prostate ultrasound and biopsy

managing the complications of and coping with prostate cancer

treatment options including laser surgery, cryosurgery, and brachytherapy (radioactive seed implants)

and additional crucial and potentially life-saving information.

Containing the most recent developments in detection and treatment of prostate conditions, this superb, user-friendly reference guide should be owned by every man.



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