

# Prostate Cancer

## Information and Support Resources

The following are credible and up-to-date resources where you can find information that may be helpful to you and your family.



### Books

All books are available at the Princess Margaret Patient and Family Library.

**100 Questions & Answers About Prostate Cancer.** Ellsworth, Pamela.

4th edition. Burlington, MA: Jones & Bartlett Learning, 2015.

This book has answers to the most common questions patients and their loved ones have. It is now in a newly updated edition.

**Challenging Prostate Cancer: Nutrition, Exercise and You.**

Trachtenberg, J., Fleshner, N., Currie, K. et al. Toronto, ON: Inform Co, 2010.

An informative new lifestyle guide put out by a team of experts including urologists, kinesiologists, nutritionists, psychologists and nurses at Princess Margaret Cancer Centre.

This resource is also available to download at [www.prostatecentre.ca](http://www.prostatecentre.ca).

Search “Challenging Prostate Cancer” in the search box.

**Dr. Patrick Walsh’s Guide to Surviving Prostate Cancer.** Walsh, Patrick &

Worthington, Janet. New York, NY: Grand Central Life & Style, 2018.

Learn about the latest research and advances in treatment, risk factors, and the pros and cons of new treatment technologies.





## eBooks

**And in Health: A Guide for Couples Facing Cancer Together.** Shapiro, Dan. Boston, MA: Trumpeter, 2014.

This book provides insights on facing cancer while maintaining a strong relationship.

**Cancer Wellness Cookbook.** Mathai, Kimberly. Seattle, MA: Sasquatch Books, 2014.

This book includes the latest scientific research on improving the lives of people living with cancer. "The Cancer Wellness Cookbook" features nutritional plans and 100 recipes focusing on the foods that have been shown to prevent and delay the spread of cancer.

**Healing Journey: Imagery, Relaxation, Music.** Miller, Emmett. Burlington, MA: Better Listen Audio, 2016.

The Healing Journey program helps reduce stress by introducing the techniques of deep relaxation and self-healing.



## Websites

**Canadian Cancer Society** [www.cancer.ca](http://www.cancer.ca)

Choose Prostate Cancer from the Quicklinks menu. Learn all about prostate cancer including: diagnosis, screening, treatments, statistics & support programs available.

**National Cancer Institute** [www.cancer.gov](http://www.cancer.gov)

Search prostate cancer to go to the Prostate Cancer Home Page. This site provides information on treatment, prevention and screening, clinical trials and more.

**Prostate Cancer Canada** [www.prostatecancer.ca](http://www.prostatecancer.ca)

This organization provides information on treatment options, support group listings, statistics, healthy living tips and much more.

**The Prostate Centre at The Princess Margaret** [www.prostatecentre.ca](http://www.prostatecentre.ca)

This website provides information on prevention, diagnosis, treatment, healthy living, nutrition, exercise, research and clinical trials.



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