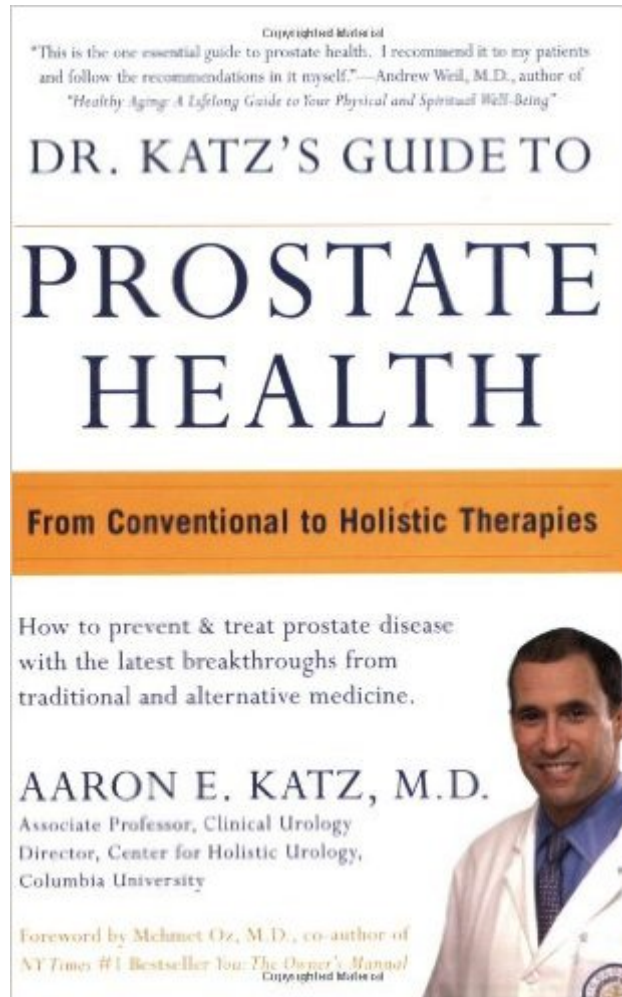


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# Dr. Katz's Guide To Prostate Health: From Conventional To Holistic Therapies



## Synopsis

Dr. Aaron Katz take the best of both worlds - the best of what conventional medicine at the Columbia University Presbyterian Hospital has to offer and the best of alternative medicine. A powerful message needs to include both approaches.

## Book Information

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## Customer Reviews

I have really strong feelings both pro and con about Dr. Katz's book. On the one hand, it is one of the most comprehensive books on the care and treatment of the prostate and its problems that I have come across, and I have read many. It gives detailed information, and DOSAGE LEVELS for recommended herb treatments for BPH and prostatitis, along with conventional medical prescription options, as opposed to the generalized information in these areas that you'll typically find elsewhere. I was impressed with the detailed information about how prostate processes and treatments actually work in this book, as I've never seen another that explored options on both sides of the traditional medicine/holistic line, that are usually at such odds with each other. In this sense, I don't think the book has any peer, and in that sense, I believe it deserves the highest rating. The big problem that I have with this book, is that, while it was written and published as late as 2005-2006, Dr. Katz seems to lose all his objectivity when it comes to prostate cancer and the latest treatment results, and simply reverts back to being a urologist. By this I mean that according to the good doctor, the only reasonable treatment for prostate cancer is surgery. Surgery is what urologists do, so consequently, Dr. Katz continues to portray prostate surgery as the "Gold Standard" in prostate cancer

treatment. While lots of men have certainly travelled down this road, I've heard from more than a few doctors (including urologists) that with the advancements currently being made for prostate cancer treatment, it is quite possible that in ten years surgery will not even be performed anymore as a treatment for prostate cancer.

As a 63 year old with an extremely enlarged prostate and with low volume, moderately aggressive prostate cancer (that I'm treating by active surveillance, a/k/a watchful waiting), I found this book to be excellent for 3 reasons. First, its very comprehensive with respect to all aspects of the prostate and of prostate disease. Second, it has tremendously valuable info about nutrition and nutritional supplements, including where to buy supplements and info on studies supporting the use of supplements and the consumption of various foods. (This is info that you won't get from a vitamin store or on the web.) Third, its author is the foremost holistic urologist in the US so it has plenty of credibility. I highly recommend this book for cancer patients, for less serious prostate disease sufferers and for men who want to decrease their risk of getting prostate cancer or BPH. Also very valuable is Dr. Patrick Walsh's book (second edition, 2007) (Walsh being the premier prostate surgeon in the US, who pioneered the nerve-sparing radical prostatectomy) and Dr Katz's new 2011 book. My last two biopsies were negative and my PSA has remained stable for three and a half years. My urologist described my biopsies as "like trying to find a raisin in a loaf of bread", since my original biopsy showed 2 positive cores (of 12) on the left side of my prostate, each 1 mm in size, Gleason 6, with a PSA of 4. (The typical 12 core biopsy only samples 1/3000th of the prostate tissue.

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