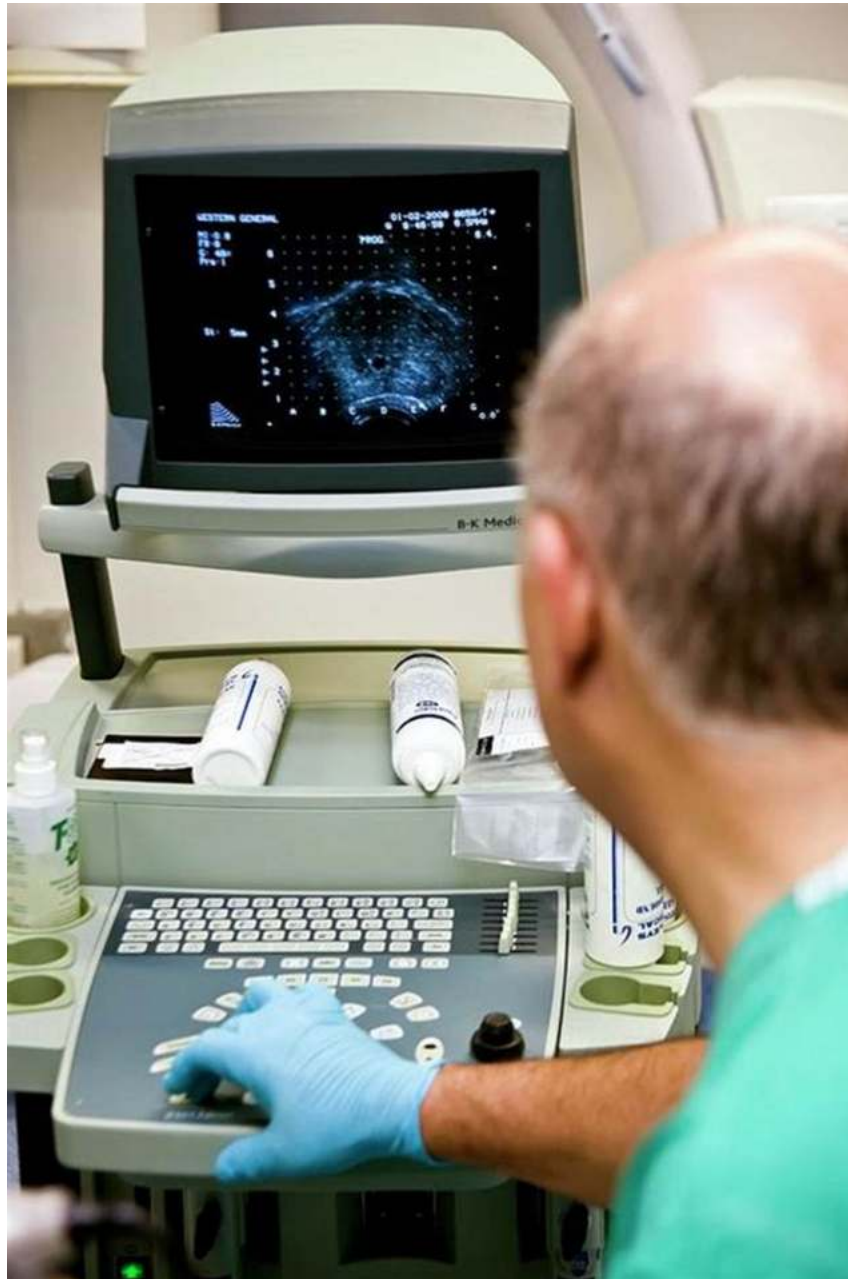


# Choose This Not That For Prostate Cancer



Prostate cancer is a serious condition affecting thousands of men worldwide. It is crucial for individuals diagnosed with prostate cancer to make informed decisions about their treatment options.

## The Impact of Treatment Choices

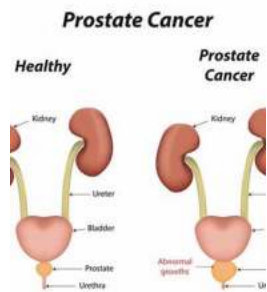
Choosing the right treatment for prostate cancer can significantly impact a person's quality of life and overall well-being. It's essential to consider various factors such as side effects, effectiveness, and individual circumstances when deciding on the appropriate course of action.

## Choose This not That for Prostate Cancer

by Personal Remedies (Paperback – July 14, 2012)

★★★★☆ 4.4 out of 5

Language : English  
File size : 1348 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 304 pages



## Chemotherapy vs. Radiation Therapy

When it comes to prostate cancer treatment, two primary options often come to the forefront: chemotherapy and radiation therapy.

### Chemotherapy

Chemotherapy involves the use of powerful drugs to target and kill cancer cells. While it can be effective against many types of cancer, it is not the preferred treatment for prostate cancer. Chemotherapy is typically recommended when the cancer has spread beyond the prostate gland.

The side effects of chemotherapy can be severe and include hair loss, nausea, fatigue, and a weakened immune system. Additionally, it might not provide long-

term control over prostate cancer and is often used as a palliative treatment in advanced cases.

## **Radiation Therapy**

Radiation therapy, on the other hand, uses high-energy rays to kill cancer cells and shrink tumors. It is a commonly recommended treatment for localized prostate cancer or when the tumor has not spread beyond the prostate.

Radiation therapy can be administered externally or through internal implants. The side effects vary depending on the type of radiation therapy, but they are generally less severe than those associated with chemotherapy. Common side effects of radiation therapy include urinary and bowel problems, sexual dysfunction, and fatigue.

## **Surgery vs. Active Surveillance**

### **Surgery**

Surgery, specifically a radical prostatectomy, involves the removal of the entire prostate gland. This treatment option is commonly considered for younger patients with localized prostate cancer.

Potential side effects of surgery include urinary incontinence, erectile dysfunction, and bowel issues. However, advancements in surgical techniques have reduced the occurrence and severity of these side effects.

### **Active Surveillance**

Active surveillance is a treatment strategy where the patient is closely monitored, but immediate treatment is not initiated. This approach is most suitable for individuals with low-risk prostate cancer or those with a shorter life expectancy.

This method reduces the potential side effects associated with surgery or radiation therapy. However, it requires regular testing and follow-up appointments to ensure the cancer does not progress.

## Personalized Treatment Plans

While these choices provide a general overview of the available treatment options, it's crucial to remember that each case of prostate cancer is unique. The choice of treatment should be made in collaboration with healthcare professionals who can evaluate individual circumstances and preferences.

Deciding on the right treatment for prostate cancer is a complex process that involves considering various factors. Chemotherapy may be appropriate for certain cases, particularly when the cancer has spread, while radiation therapy is commonly recommended for localized cancer. Surgery and active surveillance are alternative options with their own benefits and drawbacks. Ultimately, personalized treatment plans that account for individual circumstances are essential in managing prostate cancer effectively.

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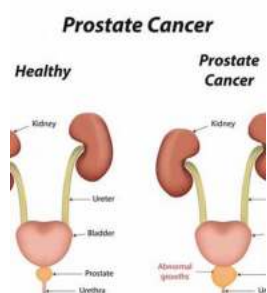
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Choose This not That for Prostate Cancer. This book represents the most comprehensive and actionable nutrition guidelines for how to reduce your risk, prevent and combat Prostate Cancer (PC). If you rather tackle health issues and risks through proper nutrition and lifestyle changes as opposed to prescription drugs and other typical medical treatments, then this book is for you.

Here are the highlights and what makes this publication unique and different from your other options:

- A look-up table for over 800 different types of food and their suitability for PC
- Health issues often come our way in groups of two or more. They are often caused by other health complications or result in other illnesses and risks. This publication is the only one in the market that (in addition to PC) offers dietary guidance for the COMBINATION of cancer prevention considerations and the following most likely health issues: depression, gout, high blood pressure, high cholesterol, obesity, stress and Vitamin D deficiency.
- Dedicated sections on alkaline diet, top alkaline-forming foods, top acid-forming foods, and detoxification. Your awareness of these topics can be critical to your health.
- ACTIONABLE suggestions for what is good, what is bad, and what is neutral for your condition(s). We single out specific food items, and give you an ordered list of helpful and harmful foods within a food group.
- Suggestions on appropriate life style choices, alternative therapies and herbal remedies, when such options are promising and available to you.

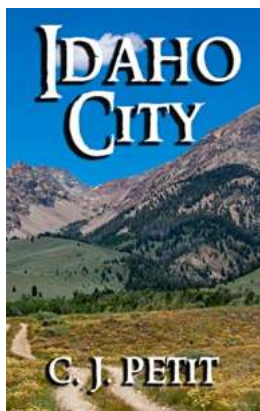
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Personal Remedies is the publisher of the largest collection of health and nutrition apps, books and eBooks for chronic conditions in the market. Its patented software & knowledgebase can enable organizations such as healthcare providers to deliver apps for personalized and actionable nutrition guidance to their patients suffering from one or more chronic conditions.

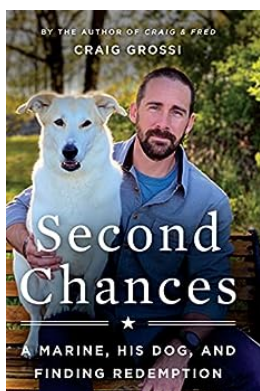
Personal Remedies is based in metro-Boston, home to the highest ranking healthcare providers and academic institutions in the world.

This book is printed on-demand, which allows the author to update the content or make corrections as needed, on an ongoing basis. Last significant update was in Nov. 2013.



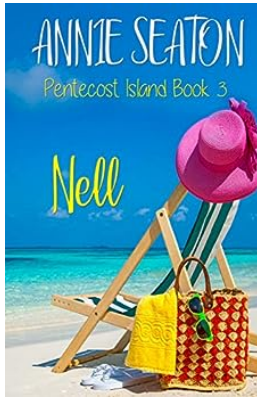
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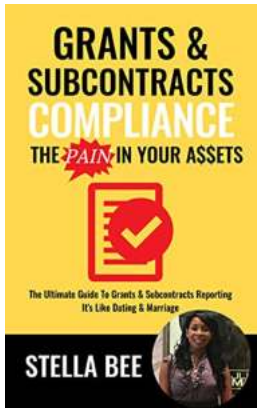
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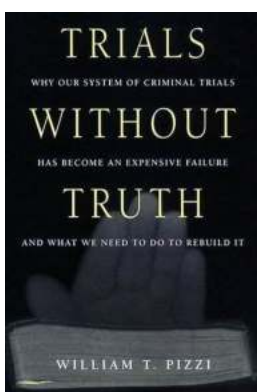
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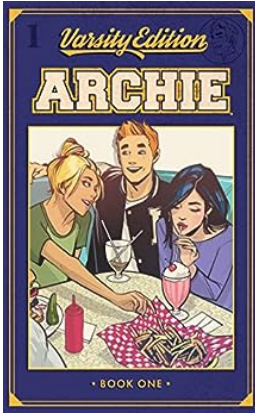
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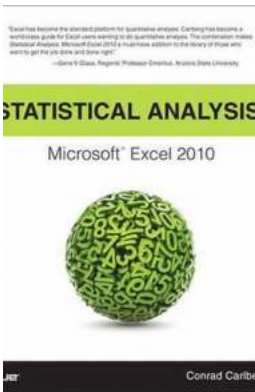
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