

# P.S.A.

**Prostate Cancer Support, Awareness**

## **Adelaide Group**

\* Working  
through a family  
disease together \*

**Mailing Address**  
PSA Prostate Cancer Support  
Group.  
39 Greenfield Rd.  
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Reg at (08) 8298-8040

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### **BOOKS, Videos, Cassettes & Other Written Resources**

#### **Listings 'CORE' LIBRARY**

**'Red Spot' Books & Videos -  
Loan for one Month only due to high demand.**

#### **Healthy and Anti-Prostate Cancer Diets and Supplements.**

H 1 **'The CSIRO Total Wellbeing Diet'**

Dr. Manny Noakes & Dr. Peter Clifton

H 2,3, **'Eating Your Way to Better Health.'**

Charles E. Myers Jr. M.D, Sara Sgarlat Steck

RT & Rose Sgarlat Myers, PT, PhD

[ Rivanna Health Publications, Inc. Charlottesville, U.S. 2000 ]

H 4,5, **'Eat Well For Life' A practical guide to the Dietary**

**Guidelines for Older Australians.**

[ National Health & Medical Research Council ]



- B 12, 13, 14, 15, -** **‘Localised Prostate Cancer’**  
**B 16, 17, 18, 19,** Australian Prostate Cancer Collaboration - Dec 2001
- B 20, 21,** **‘Cancer – A Comprehensive Guide to Effective Treatment’**  
Philip Barron  
Element Books Limited / Jacaranda Wiley, Brisbane 1996
- B 22,** **‘Prostate Cancer for Dummies’**  
Paul Lange
- B 23, 24,** **‘Your Guide to Prostate Cancer – The disease, treatment & outcomes’**  
Dr. Prem Rashid Consultant Urologist  
Unsworth N.S.W. 2003
- B 25, 26, 27,** **Video - ‘Guide to treatment of Localised Prostate Cancer.’**
- B 30,** Notes :- **‘Preparation for Radiotherapy’**

## **Fighting Prostate Cancer - Encouragement and Self Help.**

- F 1, 2,** **‘How to Fight Prostate Cancer & Win’** Ron Gellatley N.D.  
[ Cargel Press International, NSW 1998. 2<sup>nd</sup>. Edition & 2000 4<sup>th</sup> Edition]
- F 3, 4,** **‘You can Conquer Cancer – Prevention & Management’**  
Ian Gawler  
Hill of Content, Melb. 13<sup>th</sup> Reprint 1984 (2)
- F 5, 6,** **‘The Prostate Miracle – New Natural Therapies that can Save Your Life.’**  
Jesse A. Stoff, M.D. & Dallas Cloutre, Ph.D.  
Kensington Books, New York, Sept 2000. (3)
- F 7,** **‘Shattering the Cancer Myth’ – A Unique Guide to Positive Cancer Treatment using Traditional and Natural Therapies.**  
Katrina Ellis Hinkler Books Pty Ltd. 2003 , Dingley Victoria.

## **Experiences and Difficulties of Men with Prostate Cancer**

- E 1, 2,** **‘There’s Some Good Years Left Yet.’ – The experiences of a prostate cancer survivor.**  
Barry L. Oakley  
[ Published by Prostate Health Improvement Program 1999 ]

- E 3, 4, 5, 6, 7, 8,     **'Lifes in the Pink'**  
Barry Oakley 2003
- E 9,     Video **'The problems with Men'**  
Starring John Clarke ( Comedian ) from ABC Series.
- E 10,   Video **'You can live with Prostate Cancer.'**  
Presentation by Bob Leibowitz M.D. (Oncologist)  
California 24/3/99
- E 11,   Video **'Living with Prostate Cancer - Speaking from Experience.'**  
Anti- Cancer Council of Victoria / Tribal Pty Ltd.,

### **Sexual Dysfunction and Incontinence.**

- S 1,             **'A man's condition, a couple's concern.'**  
[ Pfizer – Pharmaceuticals ]
- S 2, 3, 4,     **'Sexuality and Cancer' – For the Man who has Cancer and his  
Partner.**  
[American Cancer Society Publication – disseminated by Qld.  
Cancer Society.]
- S 5,             **'Prostate and Impotency Problems'** – Miraculous  
Breakthroughs.  
William L. Fischer  
[Fischer Publishing Corporation, Ohio, U.S.1994]
- S 6, 7,             **'Conquering Incontinence'**  
Peter Dornan Allen & Unwin 2003

### **Listings - Supplementary Library.**

**'Yellow Spot' Books and Videos -  
These items will not be brought  
to every Meeting but items will be available  
if asked for by phone, from  
12 noon to 4 p.m. on the day of  
the Meeting. Phone the Librarian on 0429 881 388.  
'Yellow Spot' Items will be available for  
'longer loans'.**

## **Healthy and Anti-Prostate Cancer Diets and Supplements.**

SH 1                    **‘The Miracle of Garlic’**  
Paavo Airola, Ph.D.  
Health Plus, Publishers, Phoenix 7<sup>th</sup> Printing 1980.

SH 2                    **‘Garlic for Health’**  
Benjamin Lau, M.D., Ph.D.  
Lotus Light Publications, ,Wilmot 1988.

## **Basic information regarding Prostate Cancer and Treatments.**

SB 1                    **‘Prostate Puzzles – More Than a Mind Teaser !’** Sandy Weeks  
[ E & e Productions Australia 1995 ]

SB 2                    **‘Your Prostate’ – An Owner’s Manual**  
Derek Llewellyn- Jones M.D.  
[ Penguin Books 1997, Australia

SB 3, 4,                **‘Prostate Specific Antigen’** Michael K. Brawer,  
Director Northwest Prostate Institute, Seattle, USA,  
Roger Kirby, Consultant Urologist, London UK, &  
Claus G. Roehrborn Assoc. Prof. of Urology, USA  
[ Health Press, Oxford. 1998. 2<sup>nd</sup>. Edition.]

SB 5, 6,                **‘Prostate Cancer’**  
Roger Kirby, Consultant Urologist, UK  
Michael K. Brawer, Director Northwest Prostate  
Institute, USA & Louis J. Denis, Professor of  
Urology at Vrije Universiteit, Brussels & Director,  
Oncology Centre Antwerp, Belgium.  
[ Health Press, Oxford. 1998. 2<sup>nd</sup>. Edition.]

SB 7, 8,                **‘Benign Prostatic Hyperplasia’**  
Roger Kirby, Consultant Urologist, UK  
& John D. McConnell, Professor &  
Chairman, Department of Urology, Univ. of Texas.  
[ Health Press, Oxford. 1999. 3<sup>rd</sup>. Edition.]

SB 9,                    **‘Prostate Diseases’** [AMA]

SB 10, 11,             **‘ Understanding Treatment for Advanced Prostate Cancer.’**  
[ Queensland Cancer Fund.]



- SB 43, 44, Video **'The Choice is Yours - Testing for Prostate Cancer'**  
[Cancer Foundation of Western Australia Inc.]
- SB 45, Video **'Prostate Puzzles'** [Talk by Sandy Weeks – Flinders University to Adelaide PSA Group.]
- SB 46, 47, 48, 49, Video **'A Guide to Treatment for Advanced Prostate Cancer.'**[Anti-Cancer Foundation South Australia ]
- SB 50, 51, Video **'A Guide to Treatment for Advanced Prostate Cancer.'**  
[Queensland Cancer Fund]
- SB 52, 53, 54, 55, 56, (Cassettes) **'Prostate Cancer'** - Dr. Ric Gordon
- SB 57, 58, Video **'Should Men be Tested for Prostate Cancer – Debate at Garvan Institute 29/6/01. Dr. Stricker –Pro. & Dr.Hirst- Con.**
- SB 59, 60, 61, 62, Video **'Understanding the Prostate and Prostate Cancer'**  
[Zeneca Pharmaceuticals Australia Pty Ltd]
- SB 63, Video **"Prostate Cancer, Treatment and Access"**  
Rural Health Education Foundation, Education Life Line to the Bush. 21 Sept. 2004
- SB 64, **'The Healthy Prostate'**  
Arnold Fox M.D. & Barry Fox Ph.D.  
John Wiley & Sons 1996
- SB 65, Video **'A Step by Step Guide to Administering Zolodex.'**
- SB 66, Video **'Understanding the Prostate and Prostate Cancer'**

## **Fighting Prostate Cancer - Encouragement and Self Help.**

- SF 1, **'The Journey Through Cancer'** - A Unique seven-level programme for healing body, mind, heart & spirit.  
Dr. Jeremy Geffen - Dr. Geffen is a medical oncologist who who is founder and director of the Geffen cancer centre and Research Institute.  
[Vermillion / Random House, London 2000]
- SF 2, **'After cancer – A guide to your new life'**  
Wendy Schlessel Harpham  
Doubleday , Sydney 1996.





- SO 7,                    **'Personal Change through Self Hypnosis'**  
Pam Young  
Angus & Robertson, North Ryde, Aust. 1986.
- SO 8,                    **'The Bristol Programme'**  
Penny Brohn  
Century Paperback, Lond. 1987
- SO 9,                    **'A gentle Way with Cancer'**  
Brenda Kidman  
Century Publishing, Lond. 1983
- SO 10,                  **'Affirmations for Life – You are what you Think, Feel & Say'**  
Judith Collins  
Lothian Books, Melb. 1997.
- SO 11,                  **'Killing Cancer – The Jason Winters Story'**  
Benjamin Roth Smythe  
Vinton Publishing, Nevada 10<sup>th</sup>. Printing 1983.
- SO 12, 13,             **'Cancer Leukaemia'**  
Rudolf Breuss  
Aust. School of Herbal Medicine 1997.
- SO 14,                  **'The Seeker's Guide – A New Age Resource Book'**  
Ed. John Button & William Bloom  
Aquarius / Thorsons, Lond. 1992.
- SO 15,                  **'Cancer = Death ? – Treatment of Cancer the Chinese Way'**  
Xie Wenwei  
New World Press, Beijing, China 1997.
- SO 16,                  **'Surviving Survival – Life After Cancer'**  
Miles Little, Christopher Jordens, Kim Paul & Emma-Jane Sayers.  
Choice Books 2001 Sydney
- SO 17,                  **'Men's Health & Wellness Encyclopedia'**  
Charles B. Inlander et al.  
Macmillan New York 1998
- SO 18,                  **'After Cancer - A guide to your New Life'**  
Wendy Schlessel Harphan  
Doubleday N.Y. 1994
- SO 19, Video         **'Depression and Men'**
- SO 20, Video         **'What you Really Need to know about Stress.'**