

P.S.A.

Prostate Cancer Support, Awareness

Adelaide Group

* Working
through a family
disease together *

Mailing Address
PSA Prostate Cancer Support Group.
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Updated 03/3/10

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]

H 6,7, 'Juicing for Health'

Julie Stafford
[Viking – Penguin Books Australia 1994.]

H 8, ' Vitamin C – The Master Nutrient '

Sandra Goodman, Ph.D.

- H 9, **'Garlic – The Miracle Nutrient'**
 Dr. Earl Mindell
 Keats publishing Inc. Connecticut 1994
- H 10, 11, 12 **'Notes for a Dietary Approach to Combat Prostate Cancer'**
 John Mayes
- H 13, **'The Omega Rx Zone'** The miracle of the new high dose Fish Oil.
 Dr. Barry Sears
 [Regan Books N.Y. 2002]
- H 14, **'The Anti Inflammation Zone'** - Reversing the silent epidemic that's destroying our Health.
 Dr. Barry Sears
 [Regan Books N.Y. 2005.]
- H 15, 16, 17, **'Multiple Effects of Green Tea Consumption on Prostate Cancer'** Research Summaries compiled by
 John Mayes.
- H 18, **'Prostate Cancer' - Understand, Prevent & Overcome**
 Professor Jane Plant CBE, FRSE, FRSA, BSc, Ph.D, D Univ. (Hon),
 DSc, [2] (Hon)
 Virgin Books, London 2004
- H 19, 20, 21, **'Foods that Fight Cancer - Preventing and Treating Cancer through Diet'**
 Richard Beliveau Ph.D. & Denis Gingras Ph.D.
 Allen & Unwin, Aust. 2006.

Basic Information regarding Prostate Cancer and Treatments.

- B 1, B 31, B 32 **'The Prostate Book' - an owner's manual.**
 Dr. Peter Scardino & Judith Kelman
 [Michael Joseph - an imprint of Penguin Books. G.B.2005.]
- B 2, **'Prostate & Cancer' – A family Guide to Diagnosis, Treatment & Survival.** Sheldon Marks M.D. Urologist
 [Fisher Books Tucson Arizona 3rd. Revision 1997, 4th Print.]
- B 3, 4, (2) **'Your Prostate Your Choices'**
 Geoffrey Hirst & Sally Wilde
- B 5, 6, 7, 8, **'Your Prostate' Questions Answered**
 Dr. Prem Rashid & Dr. Greg Watters (Consultant Urologists)
 [Abbot Urology Forum - Special Edition 1999]
- B 9, 10, 11, **'Prostate Disorders'** - Prof. David Kirk & Consultant Editor Dr. Phillip Stricker .
 [Dorling Kindersley Pty.Ltd. St. Leonards NSW 2000 AMA sponsored.]
- B 12, 13, 14, 15, _ **'What Women & their Men Need to know about Prostate Cancer.'**
 Irena Madjar & Gail Tingle
 Health Research Associates, Newcastle NSW 2007

B 16, 17, 18, 19,

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 33, **'Your Guide to Prostate Cancer – The Disease, Treatment Options & Outcomes'**

Dr. Prem Rashid Consultant Urologist

Second Edition, 2006 Uronorth N.S.W.

B 25, 26, 27, **Video - 'Guide to treatment of Localised Prostate Cancer.'**

B 30, Notes :- **'Preparation for Radiotherapy'**

B 31,32,33,34,35,36, 'Localised Prostate Cancer'

Australian Prostate Cancer Collaboration - July 2006

B 37,38,39, & 40 **Guide for Men and their Partners living with Prostate Cancer**

Prostate Cancer Foundation of Australia. Aug. 2008 DVD.

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. 2nd. Edition & 2000 4th Edition]

F 3, 4, **'You can Conquer Cancer – Prevention & Management'**

Ian Gawler

Hill of Content, Melb. 13th Reprint 1984 (2)

F 5, 6, **'The Prostate Miracle – New Natural Therapies that can Save Your Life.'**

Jesse A. Stoff, M.D. & Dallas Clouatre, 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.

F 8, 9, 10, 11, **'Surviving cancer in Rural & Regional Australia'**

DVD 23 Sept 2006. Eight Sections dealing with different aspects. [Two Disks]

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 08 8296 3350.
'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 7th 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. 2nd. 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. 2nd. 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. 3rd. Edition.]

SB 9, **'Prostate Diseases'** [AMA]

- SB 10, 11, ‘Understanding Treatment for Advanced Prostate Cancer.’
[Queensland Cancer Fund.]
- SB 12, ‘Prostate Disorder, Causes & Cure’ Andrew Tobin
[National Direct Publishing, Adelaide 1999. 4th. Edition]
- SB 13, ‘Understanding Treatment for Localised Prostate Cancer’
[Queensland Cancer Fund]
- SB 14, 15, 16, ‘You & Your Prostate : An Overview’
[Commonwealth Department of Veterans Affairs.]
- SB 17, ‘Understanding Your Prostate Problems’
Dr. Mark Ragg
[Gore & Osment Publications, NSW 1993.]
- SB 18, ‘Prostate Cancer : What it is and how it is treated.’
[ICI Pharmaceuticals]
- SB 19, ‘Prostate Disorders and Natural Medicines’
Rita Elkins M.H.
[Woodland books, Inc. Victoria, 1995.]
- SB 20, ‘The prostate – a guide for men and the women who Love them.’
Patrick C. Walsh, M.D. & Janet Worthington.
[Warner Books, New York 1997.]
- SB 21, ‘Prostate Cancer – A Guide for Women and the Men They Love’
Barbara Rubin Wainrib, Ed.D. & Sandra Haber, Ph.D.
[DTP Trade Paperbacks]
- SB 22, ‘All About Prostate Cancer’ Fred Stephens Prof. Emeritus & former Head, Dept. of
Surgery Univ. of Sydney, & Consultant Emeritus in Surgical Oncology.
[Oxford University Press, 2000]
- SB 23, 24, 25, 26, 27, ‘Prostate Enlargement in the Older Male.’
Andrology Australia
- SB 28, ‘Androgen Deficiency’
- SB 29, 30, 31, 32, 33, 34, ‘Testicular Cancer’.
- SB 35, 36, 37, 38, 39, 40, ‘Erectile Dysfunction
- SB 41, Video ‘Metastron – Amersham.’ Removing the burden of Pain from
ProstateCancer [Prostalk Support Group.]
- SB 42, Video ‘Seed Implantation – Brachytherapy’ [Amersham Health Care]
- 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 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.
- SF 3, **'Cancer – Another Way ?'**
Ainslie Meares M.D.
Hill of Content , Melb. 1977
- SF 4, **'Cancer & Hope – Charting a Survival Course'**
Judith Garrett Garrison, M.Ed., L.S.W. & Scott Sheperd, Ph.D.
Comp Care Publishers, Minneapolis 1989
- SF 5, **'When the Body Says No – the cost of hidden stress'**
Gabor Mate M.D. Scribe Publications, Melbourne 2003.

SS 11, 12, 13, 14, Video 'A man's condition, a couple's concern.'

SS 15, Video 'Treating Impotence within the Primary Care Practice'

Other Health Issues and Approaches.

- SO 1, 'The Care & Feeding of the Irritable Bowel'
De Lamar Gibbons M.D.
[Vanguard Press 1996 Greenwood W.A.]
- SO 2, 'Hot to Trot' Diverse & Interesting Health Topics by Sandy Weeks
[E & E Productions Australia 1998]
- SO 3, 'Cancer : Causes & Cure' – A 20th. Century Perspective.
Percy Weston
[Bookbin Publishing, Adelaide 2000]
- SO 4, 5, 'Men's Health' [Geddes & Grosset, Family Medical Pub. 2000]
- SO 6, 'Women's Health'
Various Writers –
[Geddes & Grosset, New Lanarck Scotland 2000]
- 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 10th. 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.'**