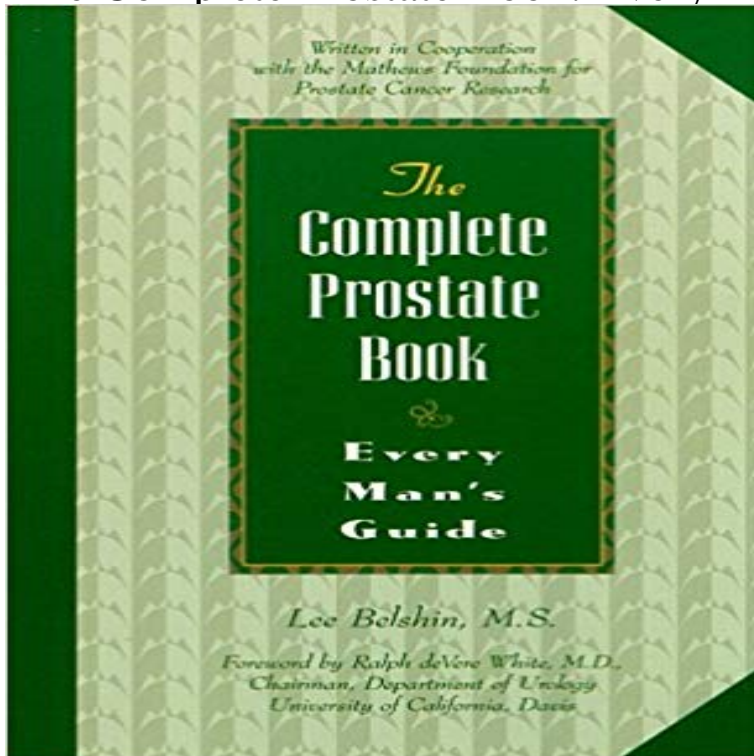


The Complete Prostate Book: Every Mans Guide



Disorders of the prostate gland are one of the most disturbing, costly, and bewildering health problems of the nineties. Over half of all men will suffer from some type of prostate problem during their lifetime. Until recently, many men were only vaguely aware of prostate disorders. Fortunately, prostate problems are now being discussed openly by such Americans as Bob Dole, Norman Swartzkopf, and Michael Milken. In *The Complete Prostate Book*, author Lee Belshin dispels many of the myths surrounding prostate disease, throwing aside the unease many men feel. These myths include the idea that too much or too little sexual activity is the main cause of prostate disorders, and that prostate surgery will always make a man impotent. In this thorough and objective book, Belshin takes readers through the symptoms, diagnosis, and treatment of prostatitis, benign prostatic hyperplasia, and prostate cancer. He answers the questions most asked about prostate disease and includes sections on nutrition, exercise, and treatment options as well as evolving therapies. Also included are several illustrations. This book has been written in cooperation with the Mathews Foundation for Prostate Cancer Research and has been edited for medical accuracy by Dr. Ralph deVere White, Chairman of the Department of Urology at University of California, Davis. About the Author: Lee Belshin, M.S., faced and conquered prostate disease himself, motivating him to try to help others cope with prostate issues. A public-health educator, he is also the author of *The Love-Your-Heart Guide* for the 1990s.

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