



Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones

Richard J. Wassersug PhD

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"This is an excellent resource for individuals who are both being treated by and caring for those on androgen deprivation therapy. It addresses commonly understood as well as sensitive topics impacted by this treatment and offers explanations and strategies for how to address and cope with these side effects. Its interactive activities, patient testimonials, and annotations encourage readers to study the topics so that they will better understand the issues. In all, it is a superb source of knowledge for these patients and their families and caregivers."--**Doody's Book Review Service**

Successfully manage the side effects of androgen deprivation therapy (ADT) and get back to life

For many men with prostate cancer, ADT (sometimes referred to as hormone therapy) offers hope for controlling the disease and living longer. But the side effects can leave you with unexpected physical and emotional changes. In *Androgen Deprivation Therapy*, experts who have helped hundreds of men provide you and your loved ones with the tools and solutions you need to prepare for treatment and deal with every situation. You'll learn how to:

- Reduce hot flashes and night sweats
- Address changes in weight and body composition
- Maintain sexual intimacy despite changes in libido
- Fight fatigue and insomnia
- Control mood swings and depression
- Maintain open communication with your partner



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