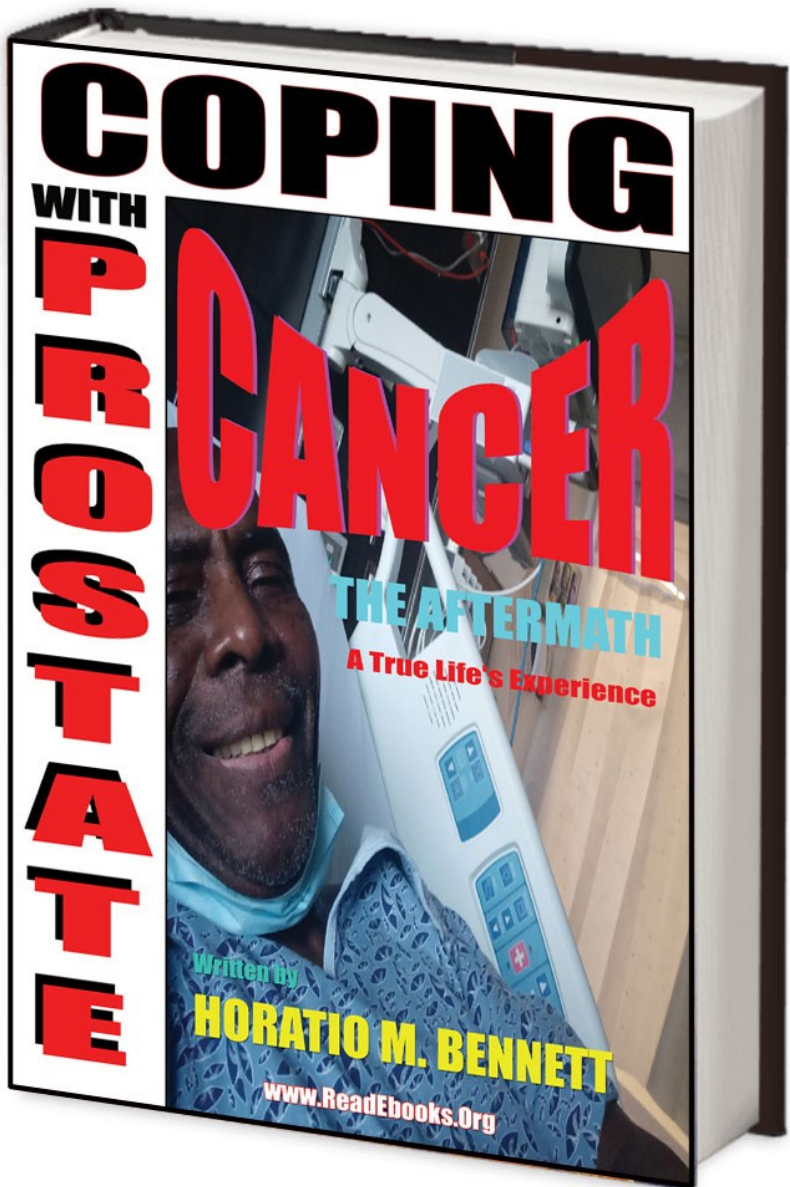


Coping With PROSTATE CANCER – *The Aftermath*



Horati

Coping With PROSTATE CANCER – *The Aftermath*

Coping with_ PROSTATE CANCER

- *The Aftermath!*

Written by Horatio M Bennett

Copyright©, 2021. All Rights Reserved

Second Edition, 2022

Ebook @ FlipBook Format, 2023

Printed in the
UNITED STATES OF AMERICA
Detroit, Michigan USA

Library of Congress Cataloging-in-Publication
Data is available upon Requests

ISBN# 978-0-9776022-3-0

No part of this book may be used or reproduced in any manner whatsoever without written permission of the author; except in the case of brief quotations and specific notations, embodied in critical Articles and Reviews.

All adherence to International Copyright Laws and Regulations are in force!

Published by
ReadeBOOKS, LLC
Detroit, Michigan USA

Website:

<http://www.ReadEbooks.Org>

[Email: ReadEbooks@usa.com](mailto:ReadEbooks@usa.com)

Coping With PROSTATE CANCER – *The Aftermath*

FORWARD

Many of us are being burdened with the after-effects of a devastating incident...

In this case, Prostate Cancer Surgery!

First, we must consider ourselves blessed that we have survived the initial impact of having the disease, and have gone through the actual surgery. This should be a '*count your blessings*' moment. When I first learned I had contracted the disease; PROSTATE CANCER, I thought about was the many others that have had this ailment and did not survive.

Was I a statistic?

The after hundreds of hours in research, and the decision to have the 'radical surgery,' I faced reality that I had indeed survived Prostate Cancer...

I have also read that many who survived the surgery later, only to become affected with the initial ailment, and did not survive.

This is my reason for considering myself blessed!

Now after 14 years of 'coping with the aftermath,' I feel I have weathered the course and can make meaningful contribution to the many others who are facing the same dilemma with apprehensions.

Well, I am here to tell you that 'coping with the aftermath of a Prostate Cancer surgery' is doable, and a whole new life of survival instinctive experiences await...

Horatio M Bennett

Coping With PROSTATE CANCER – *The Aftermath*

About the Author



Horatio M Bennett is a Jamaican national living in the United States of America. He migrated to the US as an exchange student in 1967. He studied at Greer Technical Institute, Marygrove College, Michigan State University and Post University.

Horatio is a published author with 8 books in print, including a best-seller, *“How to be a Good Person without Being Religious,”* a former NPR radio talk show host, a newspaper publisher, and inductee in the *Detroit Metro Music Hall of Fame* (1984).

In 1971 Horatio Bennett created the then *Detroit Caribbean Carnival*, an annual event which drew thousands to downtown Detroit every summer. He is listed in the Detroit Chapter of *‘Who’s Who in Black America, 2020’* and is a *Civic Service Award Winner* (2019). He is also the recipient of the *“Spirit of Detroit”* award, issued by the Detroit City Council and a *Lifetime Legacy Award* by the *Jamaica United Association of Michigan*.

Horatio is also a *Certified Life Coach Instructor* with concentration on family facing overwhelming situations and other destabilizing challenges. Horatio has *Certificates on Social Psychology* from *NewSkills Academy* and *Positive Psychology* from *Harvard University Medical School*.

Horatio Bennett is founder and director of the *Horatio and Natasha Bennett Foundation*, a non-profit organization dedicated to

Coping With PROSTATE CANCER – *The Aftermath*

serving the destitute and homeless; giving blankets and care packages to the needy on the streets of southeastern Michigan since 2014.

He is an Ordained Minister of the Gospel of Jesus Christ.

As an author, Horatio is inspired by fellow author, John Grisham, whose writings effect his own style, and has two books from which movie scripts are written: “*A Second Chance - Unleashing the Power of Good*” and “*The PLOT- A Project Denied!*”

Horatio has survived ***Ruptured Appendicitis, Gunshot to the Head, Prostate Cancer*** (2008) and the ***West Nile Virus*** (2014), and lives in Farmington Hills, Michigan, with his wife, Dr. Odeather Bennett, Ph.D, LMSW., who has recently released her own autobiography: “**From the Cottonfields to a Ph.D!**”

Horatio’s YouTube Channel: “**X-ManCave** – ‘*where Masculine Opinions Matter!*’ is a universal venue for men to get together and discuss ‘Men Things!’

Some of Horatio’s most admired are:

Singers:

Minister Chevelle Franklyn, Rev. James Cleveland, Candi Staton, CeCe Wynans, Gladys Knight, Shaggy, Ernie Smith, Bob Marley, Beyoncé, Jennifer Hudson and Neil Diamond.

Actors & Civil Rights Personalities:

Denzel Washington, Michael Douglas, Halle Berry, Madam Cicely Tyson, Nicholas Cage, Samuel Jackson, President Barak Obama and First Lady Michelle Obama, Rev. Louis Farrakhan, Dr. Odeather Allen Bennett, Rev. Al Sharpton, Natasha Bearden-Bennett, Harry Belafonte, Ralston Bennett, Sheryl Lee Ralph, Mohammed Ali, Roland S. Martin and Steve Harvey.

Coping With PROSTATE CANCER – *The Aftermath*

ManCave
Where Masculine Opinions Matter!
“We Discuss ManTHINGS”
POLITICS • RELIGION • HEALTH • ENTERTAINMENT • SCIENCE • RELATIONSHIPS
Join our Global Discussions on **ZOOM**
like subscribe • share **YOU TUBE** **ManCave CHANNEL** 101ManTalk@gmail.com

If our Brothers have a subject they want to be discussed, or want to discuss on the ‘X-ManCave,’ contact us at

101ManTalk@gmail.com

We are chatting with men all over the Globe – right there on the ‘X-ManCave!’

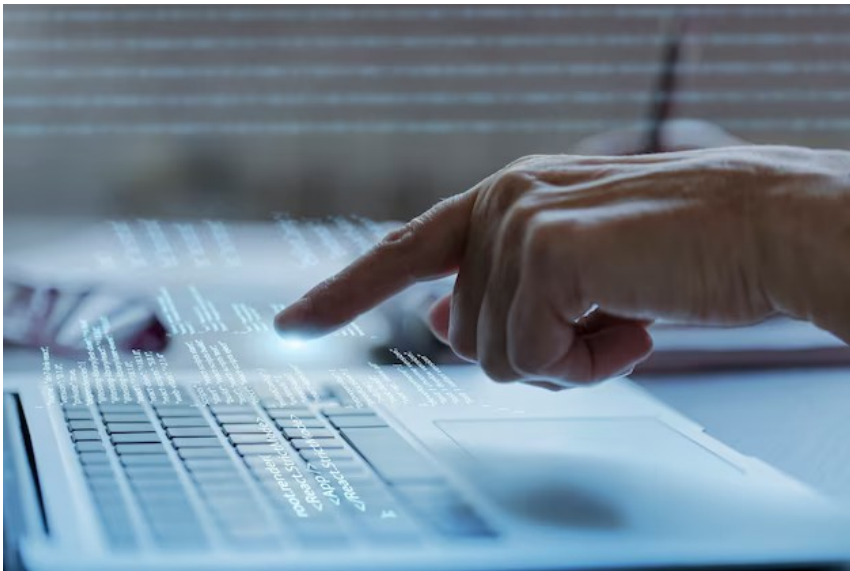
**COPING
WITH
PROSTATE
CANCER**
The Aftermath

Written by
Horatio M Bennett

Before we go into the meat of this book, we will talk about the basics of Prostate Cancer; what it is and effective ways to deal with it. Understand that this book is not about how to detect or cure the disease, but it is basically about how it affects the body, and various methods of coping...

I am NOT a doctor, Medical or otherwise!

Coping With PROSTATE CANCER – *The Aftermath*



My contribution to the subject of Prostate Cancer, shared by many sources, is mostly based on assessments of information made available to me through my research. My own studies in Human Services add to the effects of how the application of information becomes available to the masses, and based on my personal perceptions and experiences.

Prostate Cancer awareness is needed today to prepare men to effectively care for themselves and to improve their chances of living a long life with a healthy prostate gland.

This book is designed to encourage men, especially African-Americans, to pay as much attention to their prostate as it is to pay attention to their heart functioning, building body muscles, or exercising daily.

Coping With PROSTATE CANCER – *The Aftermath*

Many of us are on a diabetic control regiment. We watch our starch and sugar intake, and drink plenty of water to defend our kidney. We wear comfortable shoes to maintain good balance and protect our feet. We drive on the opposite side of the street to prevent a head-on accidents, and we drink water to curb dehydration...

So there are things we can do to assist us in our fight against Prostate Cancer which is not an inevitable occurrence for most people, BUT if we do get it, we will want to know how to cope, which is what this book is about!

In many instances, we will learn that there are very little we can actually do to prevent having Prostate Cancer.

Of course, we can go live in certain environment; certain parts of the country where Prostate Cancer is less likely, but to take up control against Prostate Cancer, it will be a timeless task.

The Mayo Clinic has this to say about ‘prevention’ of Prostate Cancer.

“There’s no proven prostate cancer prevention strategy. But you may reduce your risk of prostate cancer by making healthy choices, such as exercising and eating a healthy diet.”

If you’re concerned about your risk of prostate cancer, you may be interested in prostate cancer prevention.

Coping With PROSTATE CANCER – *The Aftermath*

There's no sure way to prevent prostate cancer. Study results often conflict with each other, and most studies aren't designed to definitively prove whether something prevents prostate cancer. As a result, no clear ways to prevent prostate cancer have emerged.

In general, doctors recommend that men with an average risk of prostate cancer make choices that benefit their overall health if they're interested in prostate cancer prevention.

Choose a Healthy Diet!

Coping With PROSTATE CANCER – *The Aftermath*



Coping With PROSTATE CANCER – *The Aftermath*

There is some evidence that choosing a healthy diet that's low in fat and full of fruits and vegetables may contribute to a lower risk of prostate cancer, though research results have been mixed and this hasn't been proved concretely. If you want to reduce your risk of prostate cancer, consider trying to:

Choose a low-fat diet.

Foods that contain fats include meats, nuts, oils and dairy products, such as milk and cheese.



In some studies, men who ate the highest amount of fat each day had an increased risk of prostate cancer. This doesn't prove that excess fat causes prostate cancer.

Other studies haven't found this association. But reducing the amount of fat you eat each day has other proven

Coping With PROSTATE CANCER – *The Aftermath*

benefits, such as helping you control your weight and helping your heart.

To reduce the amount of fat you eat each day, limit fatty foods or choose low-fat varieties. For instance, reduce the amount of fat you add to foods when cooking, select leaner cuts of meat, and choose low-fat or reduced-fat dairy products.

Increase the amount of fruits and vegetables you eat each day.

Fruits and vegetables are full of vitamins and nutrients that are thought to reduce the risk of prostate cancer, though research hasn't proved that any particular nutrient is guaranteed to reduce your risk.

Eating more fruits and vegetables also tends to make you have less room for other foods, such as high-fat foods.

You might consider increasing the amount of fruits and vegetables you eat each day by adding an additional serving of a fruit or vegetable to each meal. Consider eating fruits and vegetables for snacks.

Reduce the amount of dairy products you eat each day.

In studies, men who ate the most dairy products such as milk, cheese and yogurt each day had the highest risk of prostate cancer. But study results have been mixed, and the risk associated with dairy products is thought to be small.

Maintain a healthy weight

Coping With PROSTATE CANCER – *The Aftermath*

Men who are obese — a body mass index (BMI) of 30 or higher — may have an increased risk of Prostate Cancer. If you are overweight or obese, work on losing weight. You can do this by reducing the number of calories you eat each day and increasing the amount of exercise you do.

If you are at a healthy weight, work to maintain it by exercising most days of the week and choosing a healthy diet that's rich in fruits, vegetables and whole grains.



Exercise most days of the week

Studies of exercise and Prostate Cancer risk have mostly shown that men who exercise may have a reduced risk of Prostate Cancer.

Exercise has many other health benefits and may reduce your risk of heart disease and other cancers. Exercise can help you maintain your weight, or it can help you lose

Coping With PROSTATE CANCER – *The Aftermath*

weight.

If you don't already exercise, make an appointment with your doctor to make sure it's OK for you to get started. When you begin exercising, go slowly. Add physical activity to your day by parking your car farther away from where you're going, and try taking the stairs instead of the elevator.

Aim for 30 minutes of exercise most days of the week.

Talk to your doctor about your risk

Some men have an increased risk of Prostate Cancer. For those with a very high risk of Prostate Cancer, there may be other options for risk reduction, such as medications. If you think you have a high risk of Prostate Cancer, discuss it with your doctor.

So what we are doing here is to assist you in coping – if you should contract the disease.

In breaking things down the process...

1. You became infected with the disease
2. You had the surgery
3. ...And now you are dealing with the aftermath; how it will affect your life, and livelihood henceforth...

If you are a male, chances are very likely you will develop Prostate Cancer.

Coping With PROSTATE CANCER – *The Aftermath*

Most statistics are about Men of Color!

They are dying at an alarming rate – with very little or no concrete explanation as to why!!!



African-American have the highest rate in the US., possibly in the world...

“Henry Jackson, like so many other men, was strained, scared and speechless when his doctor told him what he had found—Prostate Cancer. At 55, the New York security guard had none of the classic symptoms associated with the deadly disease—no urgency to urinate, no difficulty to urinate and no pain in his lower back, hips or thighs—but he had become one in a growing number of Black men who are victimized by the disease.

In recent years, more and more Black men have found that either they are having to deal with Prostate Cancer themselves or they know other Black men who are dealing with it, raising the question of why the disease appears to target African-Americans.

Coping With PROSTATE CANCER – *The Aftermath*

So far, doctors and researchers don't have an indisputable answer to that question, but they do know that African-American men have the country's highest Prostate Cancer rates, and they are 50 percent more likely than White men to develop the disease.

More distressing is the fact that Black men have much higher death rates from Prostate Cancer than any other racial or ethnic group (Blacks are twice as likely to die from it). According to the American Cancer Society, for every 100,000 African-American men, about 181 will develop Prostate Cancer this year, 54 of whom will die from the disease.



Although doctors continue to investigate, searching for the cause of the disproportionate rates, they do have two strong

Coping With PROSTATE CANCER – *The Aftermath*

suspicious about why so many Black men are victims of the disease —diet and heredity.

“We believe it (high rates of Prostate Cancer in Black men) may have its origin in a cultural phenomenon, specifically in the way we eat, but we haven’t proved that yet,” says Dr. Terry Mason, a Chicago urologist and surgeon who is one of the most-respected physicians in the country.

“In the Black community, many of us eat a high-fat, low-fiber diet, and we believe that saturated fat could contribute to this cancer that’s killing Black men at such an alarming rate. We are also working to see if heredity has some-thing to do with it.”

Source: The FreeLibrary.com

Coping With PROSTATE CANCER – *The Aftermath*

That is not to say if you are Caucasian you cannot attract it



too, but it is more rampant among Black men.

Still, regardless of your race, Black, White, Brown, Red, Yellow or any color in-between, you can attract the disease – if you are a male, period! The treatment will basically be about the same, differentiated only by economics. What kind, and how much can you afford for treatment...

Thanks to the benevolent spirits of so many with caring hearts and deep pockets; foundations, grants, endowments and other giving entities, many can still get adequate funding for competent treatment of this disease.

The following article was posted on a website supporting people with cancer...

Are there support groups for people with cancer?

Support groups can meet in person, by phone, or

Coping With PROSTATE CANCER – *The Aftermath*

online. They may help you gain new insights into what is happening, get ideas about how to cope, and help you know that you're not alone. In a support group, people may talk about their feelings, trade advice, and try to help others who are dealing with the same kinds of issues...

Source:

www.cancer.gov/about-cancer/coping/caregiver-support

Prostate Cancer is NOT CONTAGIOUS!

One cannot be infected by having sex with a cancer patient, nor by kissing, being spat on, or through any kinds of physical contact - but it does travel through generations...

For example, If your father, brother, uncle, cousin, or any male that is a part of the 'family DNA', chances are that you are susceptible.

See your doctor to determine your status...

According to a report written in the National Cancer Institute, January 2021, In a report from (ZERO Prostate Cancer Summit 2021, African Americans and Prostate Cancer) one in seven Black men will develop Prostate Cancer during their life span.

The report went on to say that African-American men are 1.8 times more likely to be diagnosed with

Coping With PROSTATE CANCER – *The Aftermath*

Prostate Cancer, and 2.2 times more likely to die from the disease than their white counterparts.



Additionally, the reports indicated that racial bias due to the color of their skin, Black men are less likely than their white counterparts to get preventive care as they are less likely to get the PSA test, and more likely to be informed that the Prostate-specific antigen (PSA) screening is not to be relied on.

Coping With PROSTATE CANCER – *The Aftermath*



An important note here: A heightened PSA test – say a PSA of 4 or 5 is high and considered abnormal, but it does not mean one has Prostate Cancer. What a PSA will do is to show that something is going on with the Prostate, and should warrant medical attention.

Swollen Prostate can be treated, if caught in time, which is why it is so important to have regular doctor checkups. The minute discomfort of a Colonoscopy can be the reward of having years added to your life!

In fact, Black men diagnosed with early stages of Prostate Cancer are less likely to receive any type of treatment for Prostate Cancer. This due to the fact that the Black man's socioeconomic status puts them at a disadvantage in paying for the prostate tests, especially if

Coping With PROSTATE CANCER – *The Aftermath*

their medical insurance does not cover the tests.

So, with all that said, let us dive into the once-dismal sphere of the effects of Prostate Cancer...

“Prostate Cancer is cancer of prostate gland. The



prostate gland is a walnut-sized gland present only in men, found in the pelvis below the bladder. The prostate gland wraps around the urethra (the tube through which urine exits the body) and lies in front of the rectum...”

(Source:

www.medicinenet.com/prostate_cancer/article.html)

Coping With PROSTATE CANCER – *The Aftermath*

“...If you or a loved one has recently been diagnosed with Prostate Cancer, your mind might be racing, trying to figure out what happened.

What went wrong? What could we have done differently so that this wouldn't happen?

The answer is simple, but unsatisfying: doctors and researchers really don't know—yet.

We know that there are a number of risk factors, such as one's racial background, geographical location, family history, and age.

Additional factors, like smoking, being obese, and consuming too much calcium, seem to factor into more aggressive cases of Prostate Cancer as well—although these factors are associated with many other health problems, too. Someone who has systemic health issues is going to fare more poorly with any illness.

One of the biggest apparent underlying factor is one we have little control over: our genes.

Coping With PROSTATE CANCER – *The Aftermath*

At the moment of our conception, DNA from our mother and our father combine to create a unique genetic fingerprint which contains all the information needed to grow those few cells into an entire human being. But sometimes that genetic code contains quirks which seem to be involved in certain types of illness later in life.

In particular, mutations to the BRCA1 and BRCA2 genes are among those known to be positively correlated



with certain cancers that run in families. Genetic screening is available for families who seem to share these cancers. But inherited genetic mutations are only believed to cause 5% to 10% of cases of Prostate Cancer. The other type of genetic mutations are acquired mutations. These are changes to your genetic material that happen at any time after your

Coping With PROSTATE CANCER – *The Aftermath*

conception. Your cells are constantly dying off and being replaced by new cells, and each time a cell divides to create a new cell, there is a chance that something could go wrong as the genes are copied over. We don't yet know all the things that can affect this process, but we know that body chemistry and hormones, exposure to chemical toxins, poor diet, lack of exercise, and radiation (from the sun or other sources) are among the factors implicated in acquired gene mutations.

So the short answer is both simple and complicated, and it's the same advice your doctors will give you for almost any question about your health: to avoid Prostate Cancer, eat healthy foods, stay in shape, and get enough rest. You should also maintain a thoughtfully designed screening regiment for Prostate Cancer as you age. The rest...is up to luck..."

Source:

[\(https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-cancer-causes/\)](https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-cancer-causes/)

For more detailed information on nutrition, get the guide: *Health and Wellness: Living with Prostate Cancer*.

Cancer is a deadly disease, but it does not have to kill you, if handled properly. Whether we are dealing with Prostate Cancer, Liver Cancer, Thyroid Cancer, or

Coping With PROSTATE CANCER – *The Aftermath*

any of the many ailments brought about, it is basically all the same...

CANCER, Period!

Any unwanted intrusion of the body is a catastrophe, and should not be taken lightly!

A loaded gun is a deadly instrument, but it does not have to kill you, if handled properly.

A car can be deadly, but it does not have to kill you, if handled properly.

For every situation, no matter how bad or hopeless it seems, if handled properly, it can be contained...

Anybody see where I'm going with this?

Whatever your problems are, it will depend on how you handle them!

If I get a gun, I'm most likely will not shoot myself, BUT if I happen to do that, there are steps I must take to



prevent me from being killed or maimed. Same thing

Coping With PROSTATE CANCER – *The Aftermath*

with a car. It can be deadly, but it does not have to kill you, if handled properly. I will not run over my foot, but if I happen to do that, there are steps I must take to prevent me from being permanently impaired.

No difference, if I am affected by Cancer, there are steps I must take to prevent me from crippled, dying, being dead, or otherwise severely impaired.

In essence, whatever ails me; there are proactive steps I must take to prevent deterioration, or even death.

This same principle applies to men as it relates to



taking calculated steps to prevent severe health complication - and even death - from getting Prostate Cancer.

Scheduling an appointment with your doctor to get Prostate Cancer test(s) is essential in planning ahead and taking clearly-defined steps to maintaining a healthy prostate.

I talked to my doctor a lot during my journey with

Coping With PROSTATE CANCER – *The Aftermath*

prostate. During our conversations, I learned about different tests available to detect Prostate Cancer including:

1. The Prostate-specific antigen (PSA) screening which is a blood test used to detect the amount of PSA, (protein) that is produced by the prostate gland.

I also learned that when the prostate gland is affected by cancer, either through infection or inflammation, it will release higher levels of the enzyme into the blood. But contrary to popular beliefs, an increased level of PSA isn't always a sign of Prostate Cancer.

2. Men over the age of 50 should get a digital rectal exam (DRE) as part of their annual physical as their risk for the disease increases with age.

Coping With PROSTATE CANCER – *The Aftermath*



About here, I cannot over-emphasize the importance in getting regular checkups. I understand it is not a ‘*man thing*,’ but it saved my life, giving me the opportunity to be sharing with you...

In further discussion with my doctor I learned that some men with Prostate Cancer might experience some of the following symptoms.

This list below is not inclusive:

- a. Struggle getting and erection
- b. Problems urinating such as weak or diminished urinary flow or an increase in intensity to urinate, especially at night.
- c. Discomfort in the pelvic area of your body
- d. Loss of bladder or bowl control
- e. Pain when ejaculating
- f. Blood in the urine or semen

Coping With PROSTATE CANCER – *The Aftermath*

Even if you are not experiencing any of the above symptoms, it's still wise to be screened from time to time, as you can preempt and prevent problems before they crop up.

This is what this book is all about!

Pay close attention to your body functions, so when you notice any changes you immediately discuss the changes with you mate, family member, or friend. I also know that a colonoscopy is an inconvenience to many, and it is not 'manly' to be talking about your medical challenges with anyone, but also, it can save your life, or at the least, save you from an insurmountable amount of frustration, pain and sufferings...



Coping With PROSTATE CANCER – *The Aftermath*

The English proverb “A stitch in time saves nine” is an interesting one. It refers to how helpful working efficiently is. If someone works quickly now, then they won’t have to do as much work later.

In relations to our subject matter, the “stitch in time” part of the phrase refers to actions one takes now with their Prostate to prevent the frustrations, pains and sufferings later.

Coping With PROSTATE CANCER – *The Aftermath*



One very good advise is to write down any changes that you notice about your Prostate situation on a note pad, take them to your doctor, and discuss those changes in detail. You may find you are peeing less, peeing more often, having problems peeing, or your urine has changed color... Anything that seems out of place.

Have a list of questions to ask your doctor to help you understand what is happening to your body. Be specific when talking to your doctor about your medical situation; any medical situation, but in particular, about your Prostate.

Your consultation with your doctor SHOULD ALWAYS be about your Prostate.

This is where a close relationship with your doctor is

Coping With PROSTATE CANCER – *The Aftermath*

important. He is to be your friend, your confidant; someone with whom you can discuss your innermost medical concerns. **Doctor Clopton became my ‘best friend,’ just in time for me to discuss why I was not feeling ‘on top of the world...’ After noticing an advance in my PSA readings, he sent me to a specialist who did a biopsy and discovered the cancer, and just in time too...**

The irony is that we all thought that the two small ‘lollipops’ they saw on my Prostate was all there was, only to later discover that the hidden part of my Prostate contained an advance cancerous body.

I cannot over-emphasize the importance of a CHECK-UP... and FOLLOW-Ups with your doctor...

I will discuss my journey from my first discovery of having Prostate Cancer to the Prostate Cancer tests, to my recovery process to how I am managing my life today- a 14-year-cancer-free man.

Thanks to Jesus who made Dr. Clopton and medical science available, just when I needed them the most!!!

Some wise man, or woman once said (they might have repeated it a couple times, just for emphasis)...

“A pound of prevention is worth more than a pound of cure...”

And although we are not really discussing how to prevent from being a victim of Prostate Cancer, we can

Coping With PROSTATE CANCER – *The Aftermath*

still talk about how to prepare ourselves – if the eventual happens...

How to COPE!!!

Let us discuss the art of being proactive, or the detriment of being inactive ... ‘...*action or non-action has its reactions ...*’

Consequences we must face, either way!

When I was diagnosed with Prostate Cancer, I had several options:

- a. Wait and see what will happen to it.
Will it go eventually away?
That amounts to ‘*wishful thinking.*’
- b. Will it lie dormant, not progressing or regressing?
That is ‘*hopeful thinking.*’
- c. Chemotherapy or Radiation?
Should I use chemotherapy or radiation?
- d. Surgery - what kind?
Conventional or radical?
- e. Should I have surgery and remove the darn thing, with the hope it will be totally eradicated? Or just chill out and let nature takes its course. It's all in the Hands of God anyhow...

Coping With PROSTATE CANCER – *The Aftermath*



These are causes to not take action and become inactive, or even be passive,
The *'do nothing'* syndrome.

In collaboration with my then wife, the late Natasha, we knew we were faced with these multiple choices from which we should choose. Even now these same decisions are being faced by others today!

Ironically, even with the rapid advancements of medical science, too many things are still not known, or revealed about this disease, Cancer.

There is no shortage of conspiratorial theories going around; making their way across the vast expanse of the World Wide Web; the Internet!

I believe that one of the most deterrent to the effective treatment of Cancer, or in fact, any disease, is the choice we make between our medical practitioners - primary care providers - and **our well-meaning, but uninformed,**

Coping With PROSTATE CANCER – *The Aftermath*



ill-informed and otherwise brainwashed family member or friend who spends all the time perusing the internet!

I have heard that eating a lot of potatoes can help cure Cancer. I know we will be inundated with an overly-abundance of starch, but what it will do for Cancer is debatable.

Misconceptions about cancer treatment might make you feel confused or unsure when choosing a treatment. Learn the truth so that you can feel more comfortable with your cancer treatment.

Coping With PROSTATE CANCER – *The Aftermath*



This was one of the many issues with which we had to deal; The misconceptions of cancer, and its proliferation within our society, culture and basic common sense. The big one, (and there are many others), but my favorite is that doctors and drugs manufacturers are in cahoots to prevent the cure...

It will mess-up their pocketbooks.

Here are some of the big ones I took from the ‘Net!’

“Research advances have improved cancer treatment to make it more effective and to reduce side effects. Yet some misleading ideas about cancer treatment still persist. Here’s a look at common misconceptions about cancer treatment and explanations to help you understand the truth.

Myth: A positive attitude is all you need to beat cancer

Coping With PROSTATE CANCER – *The Aftermath*

Truth: There's no scientific proof that a positive attitude gives you an advantage in cancer treatment, or even improves your chance of being cured.

What a positive attitude can do is improve the quality of your life during cancer treatment and beyond.

You may be more likely to stay active, maintain ties to family and friends, and continue social activities. In turn, this may enhance your feeling of well-being and help you find the strength to deal with your cancer.

Cancer actually includes a large group of diseases. Each person's cancer may have many different causes. Despite advances in diagnosis and treatment, doctors still have much to learn about what triggers a cell to become cancerous and why some people who have cancer do better than others.



Coping With PROSTATE CANCER – *The Aftermath*

In addition, cancer is a moving target. Cancer cells may continue to mutate and change during the course of the disease. This may lead to the cancer cells no longer responding to the chemotherapy drugs or radiation treatments that were given initially.

Myth: Regular checkups and today's medical technology can detect all cancer early...

Truth: Although regular medical care can indeed increase the ability to detect cancer early, it can't guarantee it. **Cancer is a complicated disease, and there's no sure way to always spot it.**

Routine screening has been linked to a decrease in deaths from cancers of the prostate, cervix, breast, lung, colon and rectum.

Research advances have improved cancer treatment to make it more effective and to reduce side effects. Yet some misleading ideas about cancer treatment still persist. Here's a look at common misconceptions about cancer treatment and explanations to help you understand the truth.

Myth: If we can put a man on the moon, we should have cured cancer by now

Truth: Finding the cure for cancer is proving to be more complex than mastering the engineering and physics required for spaceflight.

Cancer actually includes a large group of diseases. Each person's cancer may have many different causes.

Coping With PROSTATE CANCER – *The Aftermath*

Despite advances in diagnosis and treatment, doctors still have much to learn about what triggers a cell to become cancerous and why some people who have cancer do better than others.

In addition, cancer is a moving target. Cancer cells may continue to mutate and change during the course of the disease. This may lead to the cancer cells no longer responding to the chemotherapy drugs or radiation treatments that were given initially.



Myth: Drug companies and the U.S. Food and Drug Administration (FDA) are blocking or withholding new cancer treatments

Truth: Your doctor and the FDA, which must approve new drugs before they can be given to people who aren't enrolled in clinical trials, are your allies. As such, they make your safety a high priority.

Coping With PROSTATE CANCER – *The Aftermath*

Unfortunately, scientific studies to determine the safety and effectiveness of new cancer treatments take time. That may create the appearance or lead to mistaken reports that effective new treatments are being blocked.

Doctors often go into cancer research because they have a family member or friend affected by the disease. They are as interested in finding a cure as anyone else, for the same reason — it affects them personally. They hate to see a loved one in pain and don't wish to lose this person. They also want to spare others what they have gone through.

Myth: Regular checkups and today's medical technology can detect all cancer early.

Truth: Although regular medical care can indeed increase the ability to detect cancer early, it can't guarantee it, UNLESS it is a specific search for this disease. Cancer is a complicated disease, and there's no sure way to always spot it.

Routine screening has been linked to a decrease in deaths from cancers of the prostate, cervix, breast, lung, colon and rectum..."

Source: *Attitudes and cancer. American Cancer Society.*

<http://www.cancer.org/cancer/cancer-basics/attitudes-and-cancer.html>.

Coping With PROSTATE CANCER – *The Aftermath*

Research advances have improved cancer treatment to make it more effective and to reduce side effects.

Well, if you have survived those elements, had your surgery, and is a little hazy as to where you go from here, then this is where we are today, discussing how to cope with the *'aftermath!'*

Although we are indeed zeroing in on how to cope after the surgery, there are still many of us out there that are still within the *'what-to-do'* stages, should we be diagnosed with Prostate Cancer...

There are so many questions, and the more we find out, it seems the least we know.

What happens to the prostate after radiation?

The prostate gland will end up having a lot of scar tissue. It will shrink in size to about half its original weight within a couple years after finishing radiation.

Source: prostate-center.com/basics/prostate-post-rt/)

How long can a man live after Prostate surgery?

A man might have prostate removal surgery that has an estimated life expectancy of ten years or more, and a localized, treatable cancer. Prostate removal is performed with a type of regional or general anesthesia.

The person will be numb and drowsy when waking up after having prostate removal surgery performed.

Coping With PROSTATE CANCER – *The Aftermath*

Source:www.home-remedies-for-you.com/articles/2092/procedures-surgeries/prostate-removal.html

Fact is, you are not alone in this fight...

Truth of the matter is, there are many of your close friends and associates that are suffering with the recent discovery of Prostate Cancer, but are not willing to discuss it, much less tell anyone about it. We do not mind talking about the ski trip or the boating accident that resulted in us with a broken leg, but are reluctant in talking about something that can literally cost us our lives.

I will never understand why the secrecy in talking about your prostate ailment. A HIV contraction I can understand. There is indeed a stigma there, but Prostate



Coping With PROSTATE CANCER – *The Aftermath*

Cancer? Come on, spare me the violins...

I personally have friends who have had Prostate Cancer surgery, and had I not been talking about my own experience, I would have never known about their challenges. Many have successfully overcome the ailment, but have told no one.

Can you imagine how much I could have benefited from their experiences, had I known? Like most of us, I went through doubts and fears; results of total ignorance that could have been lightened if only they shared their battle.

Much of my research is being done on the internet, and regardless of all the negatives about the WWW, there are some great information that can be derived...

Check this out!

As mentioned earlier that others can be benefited by our testimonies... yet the majority of us men are not willing to reveal the challenges they are going through.

So sad, because many of those hurting because of your ailment are those you love and cared for the most: wives, children, other family members, work associates and ‘bosom buddies.’ Yes, many are hurting too, but, as in my case, my wife was the one hurting the most. She is there. She sees your hurt, frustration, fears... Is it not logical for her to be your closest confidant, next to your doctor?

Coping With PROSTATE CANCER – *The Aftermath*

Should be, but NOT!

This is what Ms. Wendy Poage, President of the nonprofit PCEC, which focuses on saving and improving the lives of men with Prostate Cancer and their loved ones has to say:

“A man living with advanced Prostate Cancer often avoids opening up to those closest to him...

“He won’t listen to me,” “I want to be there for him, but he won’t let me,” or “I’m trying my hardest, but I’m at a loss and don’t know what to do next.”

Coping With PROSTATE CANCER – *The Aftermath*



These are just a few of the things wives and daughters who want to help their loved one say to the support crew manning the Prostate Conditions Education Council (PCEC) hot line.

That's because it's not just the man you love who is living with Prostate Cancer the condition also takes up residence in wives' lives, too. Yet men can clam up post-diagnosis, leaving spouses feeling shut out. Here, Poage explains reasons a man with Prostate Cancer may not

Coping With PROSTATE CANCER – *The Aftermath*

open up and how to support him.

The Number One reason is that he feels he is to be in charge. Often, a man automatically assumes the role of manager when he learns of his Prostate Cancer diagnosis. He sees himself as the CEO, the one who's supposed to be in charge.

“These are guys that call us often,” says Poage. “They make up about 65% of the calls we get.” He may refer to Prostate Cancer as “his challenge,” or “his disease,” she says, in an attempt to regain control of a situation that feels out of control. This is likely the role he's used to having in the family.

WHAT YOU CAN DO: The men in charge may have trouble openly asking for help. Look for silent ways to offer support, such as picking up prescription refills at the pharmacy. If you'd like to be more involved in his disease management and understanding the various treatments, ask for a meeting with his doctor, schedule it, and state your case, just like you would in a business setting...”

Source: <https://www.myprostatecancer-roadmap.com>

Personally, I did not mind talking about my challenge with Prostate Cancer. It was not something with which I was proud, but I was not ashamed of it either. The same way I

Coping With PROSTATE CANCER – *The Aftermath*

spoke about getting shot with my home-made rifle 70 years ago, it is the same way I will talk about how I survived Prostate Cancer, and the West Nile Virus, and whatever else predicament I overcame...

Maybe when I talked about my home-made rifle, someone will learn that you do not use a nail to attached the hammer of a gun. The explosion of the cartridge will blow it off, and right onto your head, like it did me. I still sport the scar. If needed, I can show up at a ‘show-and-tell’ meeting...

How many of your family members, friends and people you met at work, or at the club that have survived Prostate Cancer? Can you approach them for information about your fears, concerns, opinions?

Do you believe they will talk with you?

Frankly, you would be surprised just how accommodating people can become when empathy can be achieved. They have experiences they gathered over the span of their challenges, and really would not mind talking with you about it, especially if you can empathized.

We all know how freely people will give advise! Have you ever met an old friend, and casually asks, ‘how are you doing?’

In most instances, they will tell you, even though you

Coping With PROSTATE CANCER – *The Aftermath*

did not really want to know. It was just a salutation, not a request for information on their diabetes, gallstones, ingrown toenails, their bloated gut or granddaughter's miscarriage, or even the loss of Alfie, their pet poodle...

Believe me, you do have friends and associates that have had Prostate Cancer. Why not causally ask, 'have you ever had Prostate Cancer?'

It is not a stigma, not a shame. It is an act of nature (although acerbated by our own actions or inaction...)

Some famous men who were diagnosed with Prostate Cancer are Arnold Palmer, Harry Belafonte, Bob Dole, Robert De Niro, Jerry Brown, Ian McKellen, Roger Moore (James Bond), John Kerry, Ryan O'Neal, Joe Torre, Rudy Giuliani...

Source: www.verywellhealth.com › famous-people-with...)

Also included are well-known R&B singer, Mr. Charley Wilson and former US Secretary of State, the honorable Colin Powell...

It really does not matter your stage in life, as regard to the social platform. There must be thousands, and hundreds of thousands of 'important people' that have had Prostate Cancer, but are unwilling to publicly talk about it.

Well, we certainly cannot wait for them to speak out, so this little insignificant 80+-year-old Jamaican national living in these United States wants everyone to

Coping With PROSTATE CANCER – *The Aftermath*

know and understand the intricacies of Prostate Cancer, and how to cope with it...

Many others are giving their voices to the ‘*call for action...*’

This is not a ‘*me thing*’ any longer.

Check to see how many in your innercircle are survivors...

My own battle with Prostate Cancer has become a much bigger challenge than I envisioned...

Naturally, when I contracted the disease, my entire inner circle became affected, literally!

This was indeed catastrophic, and it would gravely distressed my life, family, and friends.

Therefore, we must realize that any incident that negatively affects us; invariably impinge on the lives of others around us. How we address our personal concerns will certainly touch on those closest to us in some way, and this is why it is so important to act unselfish as we go about dealing with our personal issues; from a hang toenail to Prostate Cancer.

Life experiences have a way of teaching us new stuff during tribulations!

We should not set fire to our property without thinking about how it would affect the neighbors’. It is during such period of our lives we should realized that to our wives and/or significant others, other family

Coping With PROSTATE CANCER – *The Aftermath*

members, friends, associates and the paperboy, we do have an obligation...

I could not leave this earth now, Not Yet!

My family needs me.

My community depends on my contribution to its welfare and growth.

The USPS mail delivery person, the FedEx and the Prime personnel periodically need me to assist in warding off that snapping poodle who terrorizes the block...

The kid whose cat seems to be stuck in the tree will soon be calling on me (although the cat is still very active chasing, whatever...)

There are lots of time left to “...*be as good as I can, to as many as I can, for as long as I can...*”

Source: John Wesley, <https://www.goodreads.com>

I simply need more ‘good’ time, period!

Remember as we travel our journey in life, we must make the right choices because many people depend on a favorable outcome.

We must make the right choices because many depends on a favorable outcome.

The essence of this book.

The discovery of me having Prostate Cancer was devastating. There were many reasons for this, most I have already discussed, but there was a bottom-line. A deep-down fear; a harsh realization:

Coping With PROSTATE CANCER – *The Aftermath*

I WOULD NOT BE ABLE TO HAVE SEX AGAIN!

As selfish as it seems, it was a psychological, ever-present attack on my manhood.

For the wives who are reading this book, know that your man is thinking about this, and most every other man on the face of the earth, whether he is homosexual, heterosexual or both.

This is why this book will also discuss some of the things that Prostate Cancer sufferers will go through including: fear, misunderstanding, and misinformation; enemies in our fight for survival!

Coping with the after-effects of Prostate Cancer surgery!

After surgery is a part of facing the reality that your sexual artistry will be vastly affected!

Let us explore just how destructive Prostate Cancer can be, and how it can directly link to our sexual activities... (Ouch!) The Prostate Cancer Foundation, in 2020, has this to say,

“...Because the prostate is close to several vital structures, Prostate Cancer surgery can disrupt normal urinary, bowel, and sexual functioning...

Urinary Incontinence

Coping With PROSTATE CANCER – *The Aftermath*

During a prostatectomy, the bladder is pulled downward and connected to the urethra at the point where the prostate once sat.

If the sphincter at the base of the bladder is damaged during this process, some degree of urinary incontinence or leakage may occur. Nearly all men will have some form of leakage immediately after the surgery, but this will improve over time and with strengthening exercises.

Most men regain urinary control within a year; approximately 1 in 10 men will have mild leakage requiring the use of 1 or more pads per day. Pelvic floor muscle training with a physical therapist can help. In the case where side effects are severe, an artificial urinary sphincter can be considered.

Sexual Function

Regardless of whether the nerves were spared during surgery, erectile dysfunction (ED) remains the most common side effect after treatment. This is because the nerves and blood vessels that control the physical aspect of an erection are incredibly delicate, and any trauma to the area can result in changes.

However, within one year after treatment, most men with intact nerves will see a substantial improvement. The skill of your surgeon or physician can have a significant impact on this outcome, so it's important to select your team carefully.

Likewise, men with baseline erectile dysfunction

Coping With PROSTATE CANCER – *The Aftermath*

and/or other diseases or disorders that impair their ability to maintain an erection, such as diabetes or vascular problems, will have a more difficult time returning to pre-treatment function. It's important to remember that your functionality after treatment can only be as good as it was before treatment. The best predictor of how you will be after treatment is how healthy you were going into treatment.

Several strategies can help a person regain normal sexual function if prostate cancer treatment leads to problems achieving or maintaining an erection.

Some medications are beneficial in supporting healthy erections. These include:

1. Oral drugs, such as sildenafil (Viagra), avanafil (Spedra), tadalafil (Cialis), and vardenafil (Levitra)
2. Topical creams that can be applied to the penis directly, such as alprostadil (Vitaros) alprostadil, an option that is available in the form of injections and pellets

Alternatively, people can try some physical or “mechanical” therapies. These include:

Vacuum pumps that a person uses before sex to draw blood into and harden the penis implants, which a person may wish to try when other treatments have not achieved satisfactory results

All these therapies mean rehabilitation is possible after treatment for prostate cancer. Rehabilitation can allow a person to regain an erection, and engage in sexual activity and enjoyment again.

A further option is masturbation that can help an

Coping With PROSTATE CANCER – *The Aftermath*

individual gain and maintain an erection. Masturbation encourages blood flow to the penis.

Some people may also benefit from psychological support, for example, with a sex therapist. This may help if the effects of cancer and its treatment strain relationships.

Couples therapy may support people in making adjustments to sex and other aspects of their relationships as they accommodate physical changes.

To navigate couples therapy, people can visit AASECT to find a certified sex therapist near them.

Understanding the likelihood of sexual dysfunction after prostate cancer treatment may help an individual cope with changes they experience. Learning about the experiences of others in similar situations can also be useful.

Fertility

There are also definite fertility impacts from surgery.

Despite the best efforts of surgeons and radiation oncologists, it is nearly impossible for a man to retain his ability to father children through sexual intercourse after initial treatment.

During prostatectomy, both the prostate and the nearby seminal vesicles are removed. The seminal vesicles are two small structures that lie at the base of the bladder. Together with the prostate, they provide semen that carries the sperm down the urethra and out the penis during ejaculation.

The loss of semen following surgery makes

Coping With PROSTATE CANCER – *The Aftermath*

ejaculation impossible, so the sperm cannot physically make it out of the body to reach the woman’s egg for fertilization.

With radiation therapy, fertility is nearly always impaired. Radiated prostate cells and seminal vesicles tend to produce semen that cannot transport the sperm well. In addition, the sperm, which is made and housed in the testicles, can be damaged, but this is seen far less frequently with more accurate dose planning...”

Source: (<https://www.pcf.org>)

Erectile Dysfunction has become an ever-enveloping condition for men experiencing Prostate Cancer. In their extensive and exhaustive researches, the Prostate Cancer Foundation has taken a leading role in addressing this...

“Regardless of whether the nerves were spared during surgery or whether the most precise dose planning was used during radiation therapy, erectile dysfunction remains the most common side effect after treatment. This is because the nerves and blood vessels that control the physical aspect of an erection are incredibly delicate, and any trauma to the area can result in changes. However, even if you do experience some side effects of treatment, there is also room for optimism: many excellent options for managing erectile dysfunction exist on the market today.

Coping With PROSTATE CANCER – *The Aftermath*

However, within one year after treatment, most men with intact nerves will see a substantial improvement. The skill of your surgeon or physician can have a significant impact on this outcome, so it's important to select your team carefully. Likewise, men with baseline erectile dysfunction and/or other diseases or disorders that impair their ability to maintain an erection, such as diabetes or vascular problems, will have a more difficult time returning to pre-treatment function.

It's important to remember that your functionality after treatment can only be as good as it was before treatment. The best predictor of how you will be after treatment is how healthy you were going into treatment.

The main components of erectile function may be affected by Prostate Cancer treatment:

1. *Libido* (sex drive) is most commonly affected by hormone therapy, or treatment that decreases your testosterone. You can have a low libido and still obtain an erection, but it is usually more difficult for men who have less interest in sex. This will return once your testosterone returns to normal after completing hormone therapy.

Loss of libido can be a major concern for some patients and/or their partner and much less of an issue for others. Couples

Coping With PROSTATE CANCER – *The Aftermath*

counseling should be considered if there is a possibility of causing stress in a relationship.

2. *Mechanical ability* is the ability to achieve a firm erection. It is controlled by the nerves and vessels that are intimately associated with the prostate and structures near the penis. Mechanical ability is most affected by surgery or radiation therapy.

3. *Orgasm/climax* can be more difficult after treatment, especially if libido is low or your erections are not as firm as they used to be. Also, sometimes there can be some discomfort initially after treatment when you climax. This usually is transient and will resolve. **It is important to distinguish orgasm from ejaculation, as men will continue to have the pleasure sensation of orgasm without ejaculation.**

4. *Ejaculate* may be minimal after treatment. The prostate and seminal vesicles which function to produce ejaculate are removed and/or irradiated during treatment, so it is common to have a minimal or no ejaculate afterwards. **So although you may be able to have an erection and reach an orgasm, nothing may come out.**

5. *Prostatectomy*: Since the 1980s, most men are treated with what is termed a “nerve-sparing” prostatectomy. The goal of the procedure is to take the prostate and seminal

Coping With PROSTATE CANCER – *The Aftermath*

vesicles out while sparing the nerves adjacent to the prostate. Studies have shown that approximately 50% of men who have the ability to have an erection before surgery will maintain this ability long-term.

This number can increase or decrease based on age, obesity, and the ability to spare the nerves. In general, men with lower-risk Prostate Cancer have higher rates than average of erectile function given it is easier to spare the nerves.

In contrast, in men with high-risk Prostate Cancer it is often more challenging to spare the nerves as the tumor may have spread past the nerves outside the prostate capsule and erectile function rates are lower than average.

6. Radiation therapy: Similar to surgery, damage to blood vessels and nerves after radiation therapy can result in decreased erectile function over time. In general, radiation therapy has less of an impact on erectile function in the first 5 to 10 years after treatment compared with surgery, and approximately 70% of men who have baseline erectile function before treatment will keep erectile function after treatment.

However, radiation therapy has a slower delay in erectile function decline than surgery; 15 years after treatment, the rates are similar to those who underwent surgery.

Coping With PROSTATE CANCER – *The Aftermath*

These rates do not appear to be affected in the long-term by the use of short-term (4 to 6 months) hormone therapy, but will be affected by the use of long-term (18 to 36 months) hormone therapy. Newer techniques in radiation therapy, termed “vessel sparing” radiation therapy, have shown promising results for improving the preservation of erectile function, with close to 80% of men maintaining baseline function.

Ask your radiation oncologist about vessel sparing radiation therapy...”

Source: <https://www.pcf.org>

Achieving an orgasm is the desire of most; if not all living creatures, including humans, animals, birds, and amphibians. The desire can manifest from several ultimate goals including: to procreate, experience pleasure, the need to hurt, and the natural adherence as dictated by nature.

Yet, before we begin to explore this postulate we should look at how we as human beings, considered to be the most intelligent of all creatures, deal with this desire. With no fore-thoughts of ever losing this function, the need to achieve sexual satisfaction can be an overwhelming ‘*thrust.*’

With the emergence of an ongoing ‘free and unrestricted social order,’ “...*if it feels good, do it!*”

Coping With PROSTATE CANCER – *The Aftermath*

mentality we see the pursuits of pleasure taking center stage in most all leisure activities.

There are many challenges surrounding the necessity to chase this desire for satisfaction, and most of them are not devious.

Some of the most common culprits responsible for such lack of satisfying results are age and lack of desire, so we will look at other factors causing one to lose the sense of sexuality, defined as Erectile Dysfunction.

This is directly attributed to the male organ, or penis. If a penis cannot achieve hardness, or erection, it's considered dysfunctional, and this is the whole spectrum of this scenario.

Look at some the things which cause a male to be challenged with the task of *'cannot get it up!'*

Partners' conflict (such as an argument or marital stress, financial disparity) can cause impotence, as can performance anxiety; emotional disorders such as depression, anxiety disorder and panic attacks can all lead to erectile dysfunction. Erectile dysfunction (ED) is defined as the inability to achieve and/or maintain an erection sufficient for satisfactory sexual intercourse.

This was once a taboo subject, but in a more open society, men are seeking help.

Medical science has now discovered that it is a medical problem aggravated by a psychological

Coping With PROSTATE CANCER – *The Aftermath*

condition. Erectile dysfunction may cause or exacerbate psychosomatic problems such as poor motivation, feelings of inadequacy, frustration, denial, and low self-esteem, and may ultimately lead to depression.

If one wants to achieve an orgasm after prostate surgery, he must act on it. It will not come naturally; hence this book.

The more we know and understand the situation at hand, the more able we are to deal with it. Prior to us making a decision we must first explore the possibilities.

We must do due diligence; research what a Prostate Cancer is, its effects and treatments.

Understanding your limitations and options after prostate surgery is one way of '*Coping...*'

Prostate Cancer should not be an over-whelming catastrophe. It is a catastrophe, but it should not be out of our realms of understanding. We should whittle it down to our basic comprehension.

There is no mystery about the cause of Prostate Cancer, it has many causes, and they are well known. Our treatments never seem to deal with the reasons why it first grew, but instead only focus on remove the growths themselves, which is often of little help.

Dealing with it naturally means finding the reasons

Coping With PROSTATE CANCER – *The Aftermath*

why it grew, then removing them, which is a far more effective way than just removing growths.

Mr. Alan Wighton, a literary contributor to ArticleBiz has this to say,

“...Prostate Cancer, like all cancers are self-caused and it’s far more important to search for those causes and remove them instead of just treating it. This approach will then strengthen the body to assist in removing the cancer naturally.

The more you choose to get involved and be proactive about your health the greater a difference you can make to the successful outcome of the disease.

Prostate Cancer doesn’t have a single cause; it has many causes. Factors that contribute to it are; a diet high in saturated fats which is mostly found in red meat, high fat dairy products and carcinogenic substances in our processed food, nutrition deficiencies because of our wrong food choices, our sedentary lifestyle which is our lack of exercise and toxins we use every day in the form of chemicals.

A big contributing factor to Prostate Cancer is the consumption of processed meat or pressed meats which contain the food additives sodium nitrate and sodium nitrite. These two food additives are also contained in hot dogs, sausages, ham-burgers, and ham. It is legally used to stop bacteria forming so to extend the products shelf

Coping With PROSTATE CANCER – *The Aftermath*

life.

Another cause is diets low in fruit and vegetables, most of which contain cancer fighting properties.

Most treatments today concentrate only on symptoms which is the growths themselves and that doesn't actually do a lot to help a patient regain the level of health necessary to keep the cancer from returning.

There is no question that treating Prostate Cancer naturally is far more effective because natural ways deal with the reasons that first caused it to grow and when you do that the bodies ordinarily will self -heal through the immune system.

The majority of this type of cancer is slow growing and will seldom pose a threat to someone's health, especially if that person is elderly. Screening for the disease has become controversial in recent years, especially with the PSA test which can be highly irregular. Doctors have expressed concern that large numbers of men are being subjected to severe side effects which are incontinence and impotence.

There are many changes one can make to help overcome Prostate Cancer and some simple dietary changes are a great start. For instance, tomatoes have been described as a prostate's best friend because of the lycopene they contain and it is common knowledge that both tomatoes and broccoli when eaten together can

Coping With PROSTATE CANCER – *The Aftermath*

significantly improve the survival rate of someone. Also increase your consumption of omega 3 fatty acids which are found in flax seed oil, extra virgin olive oil, coconut oil and avocados.

Because it is slow growing, there is no need to panic and that will give you time to learn a little and choose your treatment options. Treating cancer naturally won't work without a proper "anti-cancer diet." There are many vegetables, fruits, nuts, grains, etc. that actually contain nutrients that kill cancer cells and stopping it from spreading.

There is no mystery about Prostate Cancer, if you want to live free of the disease you must make changes and eat fresh food, which is food in its natural state, eat in moderation and take adequate exercise. Treating it naturally is far more effective whether the cancer has metastasized or not..."

Source: *Alan Wighton-www.ArticleBiz.com*

I will continue to be honest with you: a prostate exam is no fun. No guy looks forward dropping through for the annual check-up and having to undergo a gloved finger probing your anus - but if you're smart, you'll bite the bullet and go anyway. **Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life,**

Coping With PROSTATE CANCER – *The Aftermath*

and the heartaches of your loved ones...

The Avocados Story.

Decades ago scientists discovered that avocados was an aphrodisiac, and while statisticians predicted the sale of the fruit to go skyrocket, the opposite happened. The men were not purchasing the fruit, Why?

They did not want to be seen buying avocados for fearing their neighbors will attribute the purchase to a diminished sexual performance.

Source: *(I read it somewhere)*

Could that possibly be the reason men are reluctant to talk about their experiences with Prostate Cancer; fear of their friends assume they cannot ‘*get it up?*’

What is the prostate – and why does it need to be examined?

“...The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as guys get older this little organ tends to act up. At times, some of the symptoms are simply a sign

Coping With PROSTATE CANCER – *The Aftermath*

of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate Cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, reduced ability to get an erection, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out.

Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can preempt and prevent problems before they crop up..."

What should I expect during a prostate exam?

"...A prostate exam can be done fairly quickly and easily by your doctor. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.

Many guys who go in for their first prostate exam don't realize that it involves the doctor inserting a finger into the anus to examine the prostate gland, so your doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen

Next, you'll be asked to remove your pants and bend over a counter or examination table. Wearing

Coping With PROSTATE CANCER – *The Aftermath*

sterile gloves, the doctor will lubricate both his finger and your anal opening. As uncomfortable as you might be, the very best thing to do at this point is to relax completely. Go to your “happy place” and relax your sphincter muscles as the doctor inserts his finger.

Once his finger is inserted, the doctor will examine the rectal walls, feeling for the pelvic structure along the left, right, and posterior sides. Finally, he will examine the prostate gland, which is located on the anterior rectal wall. He will examine the surface of the gland, taking note of its size, consistency and shape. He will check the lobes as well as the gap that separates the two lobes. He will ask if you feel any tenderness or pain when he touches various parts of the gland.

Finally, the doctor will remove his finger, and congrats! Your DRE (digital-rectal examination) is complete. Once he has removed his hand, he may examine the fecal matter on the glove, possibly transferring some to a lab slide for further examination if necessary.

At this point, sometimes your doctor will also do a PSA test. He may choose to do this if he notices any irregularities, or simply for a more thorough screening. This is a simple blood test that measures your levels of PSA (or Prostate Specific Antigen), which is a protein made by the prostate gland...”

Coping With PROSTATE CANCER – *The Aftermath*

What should I do to prepare for a prostate exam?

“...Well, you’re off to a good start.

Simply knowing what to expect can help speed the process along, minimizing any potential awkwardness or discomfort for you. Remember, as uncomfortable as you might be, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Other than that, there’s not much else you need to do to prepare. If you have hemorrhoids, however, you may want to let your doctor know so that he can try not to bother them. Just be prepared that there may be a little discomfort if hemorrhoids or anal fissures are present, and there may be a little bleeding after your exam. This is not a cause for alarm, however, and will clear up fairly quickly...”

What happens if the doctor finds problems?

“...Once your examination is complete, your doctor will explain his findings. If your DRE (Digital-Rectal Examination) findings are normal, that means all’s well, and you won’t need any further tests until your next scheduled prostate exam (usually an annual procedure).

If the doctor does find some abnormalities, however, he might suggest a PSA test at this point. Otherwise, he

Coping With PROSTATE CANCER – *The Aftermath*

might schedule a follow-up visit a few months down the line. At your next exam he will check to see if anything has changed or if the concerns have cleared up on their own.

If your PSA levels are high and the doctor finds abnormalities on your prostate, the doctor will then recommend further testing, including a prostate ultrasound and/or biopsy. This will give him a better idea of where the problem lies and how to remedy it.

Remember though, even if the doctor does find that some things are a bit abnormal, that doesn't immediately mean you have Prostate Cancer. There are other conditions – completely benign ones – that can cause similar results.

Whatever your results though, regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out..."

Source: Free Articles from ArticlesFactory.com

Surgery is a common choice to try to cure Prostate

Coping With PROSTATE CANCER – *The Aftermath*

Cancer if it is not thought to have spread outside the prostate gland. The main type of surgery for Prostate Cancer is a radical prostatectomy. In this operation, the surgeon removes the entire prostate gland plus some of the tissue around it, including the seminal vesicles.

How long does pain last after prostate surgery?

Pain and some discomfort may last for 6-12 weeks after surgery, but it will resolve. It is related to the surgery and generally does not mean that anything significant is going on. This is part of the healing process. Taking an anti-inflammatory (Aleve or ibuprofen) may help. Applying ice to the area may also help as well. After several weeks, taking warm baths maybe helpful.

When faced with the prospect of Prostate Cancer we become engrossed with the thoughts of the costs of treatments!

How much does prostate cancer treatment cost without insurance?

You'll need to pay these fees if you go to a health care professional who doesn't take your insurance. One study found that the typical cost of treatment for a person with Prostate Cancer is about \$2,800 per month after diagnosis.

If you have Prostate Cancer, you may have some out-of-pocket charges, depending on the type and length of care. This can happen even with health insurance,

Coping With PROSTATE CANCER – *The Aftermath*

Medicare, or Medicaid.

It's important to talk to your doctor and research any potential costs so you know what to expect. This will help ease stress and anxiety that often happen when dealing with medical bills. Your health comes first, so it's crucial that you never skip cancer treatments because of the high cost.

The costs of a Prostate Cancer treatment (including surgery and after-surgery) can be higher or lower, depending on if you're insured or not, which type of insurance or government assistance you receive, and the specific kind of care you need. Costs can also vary in different parts of the country and by facilities.

You may already have an idea of some cancer care costs, but others might not be as obvious.

Your insurance might cover most of your appointment costs, but you may also have to cover a copay. This can vary, depending on your plan. In one study, the average copayment amount a month after a Prostate Cancer diagnosis was \$37. That cost dropped to \$31 a month 10 months after a diagnosis. If you have lab tests or radiology tests during your appointment, you might have to pay an extra cost as well. Talk to your doctor if you're unable to pay fees or copays. They may be able to waive some of the charges or set up a payment schedule.

If you have an enlarged prostate then the idea of over-the-counter medication might be a welcome solution, and may open the flood gates to the options of looking at Grandma Sarah's concoctions and bush medicine...

If you are urban and is financially challenged like so

Coping With PROSTATE CANCER – *The Aftermath*

many of us, or at the least, unprepared, one of the first questions you will ask yourself is: what is the cost of cancer treatment; including doctor's visits, hospitalization, medication regimens, and follow-up treatments to maintain a healthy recovery after surgical treatments have been rendered. The astronomical cost of cancer treatment invariably led to the question of: "...Is there a less expensive way, or methods to effectively treat, and even cure my Prostate Cancer?"

We are talking about an African-American male who has minimal insurance coverage - if any at all). This is one of the very reasons why Men of Color are more likely to die from a Prostate Cancer affliction: FINANCES...

In my case, when I was first diagnosed with Prostate Cancer, fourteen years ago, my first inclination was to look for alternate methods to treat Prostate Cancer, I (as indicated in my previous book, "In Search Of..." -

Source: *In Search of an
Orgasm/www.ReadEbooks.Org*

For example, we researched information on concoction of mixed home remedies, home-made brews red clover, and pumpkin seed oil to treat this problem of Prostate Cancer.

Coping With PROSTATE CANCER – *The Aftermath*

We even researched information on “...herbal medicine that is aimed to restore your body, so that it can protect, regulate, and heal itself. It is a whole-body approach. It looks at your physical, mental, and emotional well-being. It is sometimes called phyto-medicine, phytotherapy or botanical medicine.

Manufacturers make many drugs from plants...”

Source: www.cancerresearchuk.org.

Considering that I am a product of a Third World environment, it was natural for me to entertain the possibility of a miracle cure. Born in a land of ‘Wood and Water’ entitles me to depend on herbs and spices; ingredients used to cure most every ailments. This does not sit very well with Big Pharma; being deprived of its monetary coffer-stuffers...

We ordered all sorts of concoction; sour sop leaves, and the highly recommended Guinea Hen weed from Jamaica, and from many other parts of the world. Fact is, the Guinea Hen weed is considered the ‘mother of cancer-cure bush...’

“Guinea hen weed packed with power Ana mu is a herb that is indigenous to the Amazon rain forest and the tropical areas of the Caribbean, Central and South America and Africa. Its botanical name is *Petiveria alliacea*, but in Jamaica, it is known as guinea hen weed, guinea hen leaf,

Coping With PROSTATE CANCER – *The Aftermath*

garlic weed or gully root...”

Source: [drcpleebloghistory.wordpress.com](http://drcpleebloghistory.wordpress.com/tag/herbs-of...) › tag › herbs-of...

The continent of Africa has produced some of the world’s most popular herbal medicines. Many are being found in local Afrocentric stores, including venues covering the entire Caribbean region.

“Xylophia aethiopica, commonly called African pepper or Guinea pepper belongs to the family Annonaceae. In Nigerian, it is called kyimba in Arabic, kumba in Arabic-Shuwa, kenya in Bokyi, akada in Degema, unie in Edo, ata in Efik, kimbaahre in Fula-Fulfulde, kimbaa in Hausa, ata in Ibibio, uda in Ibo, tsunfyanya in Nupe, kimbill in Tera, eeru in Yoruba...”

(Excerpt of www.Africasource.com)

China, known for its residents’ longevity, contributes its own share of herbal medicine.

“Traditional Chinese herbal remedies are a large part of TCM. They can be given as pills, teas, powders, liquid extracts, or syrups. Hundreds of different types of herbs are used in TCM, and TCM practitioners often use combinations of herbs rather than a single herb. Practitioners of traditional Chinese medicine often use herbal remedies along with conventional treatment...”

Source: (<https://www.cancer.ca>)

Coping With PROSTATE CANCER – *The Aftermath*

European medical culture also uses a variety of medicinal plants...

“Traumeel contains *Achillea millefolium* mentioned before, as well as *Arnica montana*, *Calendula officinalis*, *Chamomile recutita*, and other European medicinal herbs. In a randomized control trial performed in Israel, Traumeel S was shown to significantly reduce the incidence of chemotherapy induced stomatitis in children undergoing stem cell transplantation....”

Source: (www.coursera.org) lecture › *cancer-medicine*)

Some traditional herbal remedies may interact with other herbs or over-the-counter drugs, which could be dangerous to your health. It is important to first consult with your primary care authority before using any herbal products not prescribed...

Remember that most, if not all pharmaceutical concoctions, originate from plants, so therefore any kinds of interactions can be harmful...

And while none of these forgoing, medicinal treatment specifically deals with Prostate Cancer, the common denominator is definitely the big ‘C,’ Cancer.

The need to find the cure for cancer is an ongoing task of the medical community. Many billions of dollars, and an equal amount of manpower go through the process on a daily basis... and notwithstanding the

Coping With PROSTATE CANCER – *The Aftermath*

oppositions, and there are many, for whatever reasons, progress is being made.

“From 1999 to 2019, cancer death rates went down 27%, from 200.8 to 146.2 deaths per 100, 000 population.

Healthy People 2030 set a target of 122.7 cancer deaths external icon per100,000 population.

Cancer death rates went down more among males (31%) than among females (25%) but were still higher among males (172.9 deaths per 100, 000 population) than females (126.2 deaths per 100,000 population).”

Source: www.cdc.gov› cancer› *dcpc*

“The death rate from 1991 to 2016 dropped by about 27%. In that time, 2.6 million fewer people died of cancer. That’s mostly because people in the U.S. are smoking less.”

Source: www.webmd.com› cancer› *how-many-cancer-deaths-per-year*.

I tried most everything deemed to be the ‘*medical magic wand*,’ and nothing emerged as a solution, which is why I chose the option of radical surgery.

If we could not eradicate it, then we will ‘cut the bugger it out!”

There should no doubt that cancer is a debilitating disease.

“Every sixth death in the world is due to cancer,

Coping With PROSTATE CANCER – *The Aftermath*

making it the second leading cause of death (second only to cardiovascular diseases).

In 2017, 9.6 million people are estimated to have died from the various forms of cancer.

The Institute for Health Metrics and Evaluation (IHME) put relatively small error margins around this global figure: the lower and upper estimates extend from 9.4 to 9.7 million.

Progress against many other causes of deaths and demographic drivers of increasing population size, life expectancy and — particularly in higher-income countries — aging populations mean that the total number of cancer deaths continues to increase.

This is a very personal topic to many: nearly everyone knows or has lost someone dear to them from this collection of diseases.”

(Excerpt, <https://ourworldindata.org>)

Prostate Cancer, one of the most common ailments affecting the longevity of mankind, especially People of Color, should not be taken lightly. We mentioned before the importance of being proactive in our medical care.

“One in six African American men will develop Prostate Cancer in his lifetime. Overall, African American men are 1.8 times more likely to be diagnosed with—and 2.2 times more likely to die from—Prostate Cancer than white men. African American men are also

Coping With PROSTATE CANCER – *The Aftermath*

slightly more likely than white men to be diagnosed with advanced disease....”

(Source: zerocancer.org/learn/about-prostate-cancer/risks/african-americans-prostate-cancer/)

Ironically, I did not survive cancer because I was being careful of my health.

No, I believed I survived the dreadful disease because God has His Purpose for my life, and provided me with Natasha, a caring wife, who insisted I take that fateful test!

As we are going on the journey of recovery, we must be mindful that our efforts are not viewed as being ‘on the last leg.’ I firmly believe that the way we approach our challenges is a reflection of our character, which is just as important, as a model to those might also be facing the same fight.

In one of my earlier statements, I mentioned that our fight is not only against this disease, but against lack of empathy and concerns for our ailing, and prospective sufferers.

During the execution of, or in any process, the gathering of information is essential. My late wife Natasha and myself did extensive research as indicated above.

In retrospect, while the anticipation of a Prostate Cancer surgery loomed large, it was the after surgery that was more devastating...

Coping With PROSTATE CANCER – *The Aftermath*

When the doctor discovered the cancer I had no physical effects. I felt just fine, and as mentioned before in my earlier book, he was not satisfied with the level of my PSA, so he sent me for a checkup.

Cancer, just like that.

I also mentioned before how scared and apprehensive I was, mostly about losing my family, but more-so about sexual limitations, or lack thereof...

Being a child of God, I was not really too concerned about dying, yet that did not keep me from laying awake at nights thinking about my predicament.

I was very thankful for the upbeat attitude of my late wife and my doctor. It was their apparently lack of deep concerns that kept me going.

Up until the day I was wheeled into the operation room; everything was going to be okie dokie!

The day after the surgery, as I lay on the bed recuperation, it was then realization hits me. I really had cancer. Actually, one the reasons why we were all so nonchalant about the whole thing is that all that was detected were two little spots. They were cancerous, but just a minute particles...

It would be lasered away in a jiffy... but what I did not know then was during the surgery my wife was rushed into the operation room to behold an advanced stage of cancer on the underside of my prostate - the hidden side.

Coping With PROSTATE CANCER – *The Aftermath*

No one saw that going in...

And much to her chagrin, my wife was asked to permit the removal of the entire prostate...

All of it!

Yech!

Still, the thought of me not being able to have sex again was just a fleeting wisp...

All that was to happen was the removal of two benign spots on my prostate gland.

I would become brand new in a few days...

Then the Post-surgery hits home, and hard.

First, in the hospital I was equipped with a plastic pee-bag. I know there are medical terminologies for these, but I want readers to walk with me through this, so they can realize that there are indeed much to know and understand about the aftermath of Prostate Cancer.

Because of my inability to exert any kind of pressure on my bladder to pee (urinate), a tube was inserted into the end of my penis to control the flow of liquid.

Before the bag was attached, I used the bedpan, which was an inconvenience, but doable. That I did for two days, then it was when I was led to be on my feet, a sort of exercising, that the bag had to be attached. It would a

Coping With PROSTATE CANCER – *The Aftermath*

spectacular sight with the nurse walking with me holding the bedpan, and positioning it when needed...

Not so, so they strapped a band around my waist with this see-through plastic bag hanging like a third leg...

The reality of Post-Prostate Cancer surgery!!!

When I was finally discharged three or maybe four days later, I was sent home with an extra leg - made of clear plastic, firmly attached.

Today, I am deeply in love with my new wife, Dr. Odeather Bennett; a wonderful woman, but my appreciation and love for my late wife will be evident in how I care for whomever now walks by my side...

I do not know if anyone outside the medical profession have had experiences with stale urine.

Well, let me tell you, it is not a pleasant ordeal...

When that bag is near filled, I watched my late wife Natasha, gingerly removed and emptied its content, sometime spilling... but she never stopped nor complained!

In the ensuing months we regularly went to church after I was able to walk without a walker...

I went to church strapped to my third plastic leg, and it smells sometime. I can recall when I had to sit in the back of the pews, fearing someone might catch the stale, pissy odor.

I OFTEN WONDERED HOW TASH WAS ABLE TO LAY BESIDE ME IN BED; THE ODOR EMINATES

Coping With PROSTATE CANCER – *The Aftermath*

MORESO IN CLOSE QUARTERS!!!

There is no doubt that Prostate Cancer surgery will alter your life, tremendously!

No big surprise there!

In many instances, it changed my life for the best. I became more aware of my limitations, and appreciates the opportunities afforded, in spite of those limitations.

I come to express my love and devotion for Tash, who was always by my side. She, being a teacher, had her responsibilities shared amongst 35 to 40 students. How she managed to contain any sorts of sanity amidst all this, baffled me, yet she held on.

I came to realize that quality friendships were important. Many of my friends, I discovered, were not really friends at all, but were there to get what they could. Still, the majority of the others were really concerned people who genuinely cared about our relationship.

Because of the moral support I was getting from others, especially limited members of my church group. I used the term ‘limited’ because not everyone, though professing the love, meant it! The harsh reality is, do not expect everyone, even your prayer partner, to be kneeling with you at all crucial times. Sometimes people gets weary...

Expect that, and disappointments will not hit so hard!

Coping With PROSTATE CANCER – *The Aftermath*

At this time in your life, if you do not have a ‘Tash-like friend,’ I suggest it is time you find one, or cultivate the one you now have into ‘that kind-of-friend...’

Just because you are going through your trials does not mean everyone cares. It is important to understand that you not have delusions of importance...

You might be surprise to know that some people will actually envy you for the support you might be getting from others, including their family members and friends...

You must learn to Cope with every situation!

It would be years before I was able to finally settle in to the fact that I was now a Prostate Cancer survivor. All this was interrupted by me contracted the dread West Nile Virus!

For a while there I was fighting another medical battle, but too shall pass, and it did, but only after four days in hallucination, and a trip to death’s door.

God has something for me to do.

As many may already know, I have started a nonprofit foundation with dedication to serve the destitute and homeless.

(www.TheHNBFoundation.Org).

There are over 18,000 of the on any given day on the streets of southeastern Michigan, Detroit included. This was supported by the United States Blanket Program under

Coping With PROSTATE CANCER – *The Aftermath*

President Obama. Since the change of administration support ceased so we depend on private support.

The reason I am mentioning this is to emphasize the importance of being in a state of giving. Life is precious, and given the tumultuous times in which we are living, there are many opportunities for a ‘good soul!!’

Jesus once told Peter, His disciple to ‘feed my sheep!’

Source: *The Holy Bible, John 21:17.*

Allegorically, Jesus was talking about a need to serve.

“The harvest is plenty; the laborer are few...”

Source: *The Holy Bible, Matthew 9:35-38).*

As we bask in the extended opportunity of life, we must begin to be ‘fruitful and multiply;’ cultivating the growth of good others to serve...

When you tell others of your testimony of how you are coping with Prostate Cancer, you are instilling hope and spreading goodwill; a character-trait reminiscence of God, through Jesus Christ!

I am now making available to the millions who, hopefully, will be reading this book; the abundance of information gathered through so many reliable sources, as acknowledged on our reference pages, will come to value our efforts.

There are many valuable source of information here.

Validate their accuracy!!!

Coping With PROSTATE CANCER – *The Aftermath*

Check them out for yourselves...

When Paul and Silas were preaching to the Bereans, and while they spake, the members were taking notes to go check later if what these men of God were saying was the truth.

Source: *Holy Bible - Acts of the Apostles, 17:10-15*)

For those of us who have gone through or is going through the ordeal of having Prostate Cancer... consider your experience as your testimony. Most of us would like to be remembered for something. None wants to go through this life and then be forgotten.

We want to have a legacy.

Let our fight in this battle of Prostate Cancer be our legacy. Let us use it for a good purpose: *Our Legacy of Good!*

There are many others involved in the documentation of this manuscript; so many that our limited space will not permit individual mentions, but their dedication and efforts in bringing this information to you is their own contribution; their legacy!

Make your mark too.

Although cancer, Prostate Cancer, in particular, will be here for a long time, (we hope not), but many are still being affected. Many, not directly but through

Coping With PROSTATE CANCER – *The Aftermath*

association, such as your significant other, or wife, if you are married, who must live with the inconveniences attached.

In fact, your entire inner circle are being affected, in some way or other. The boys in the bowling league; although you have still yet to make a perfect strike, you assisted in driving the team to and from tournaments. You are important to them. The kid who cuts your grass, or shovel the snow depends on that extra smile you offered, and the big tip. You are important to him.

Your fight is not only yours alone, but it is a community challenge...

Prostate Cancer can be a permanent fixture in our lifestyle, but it does not have to be an all-consuming issue. Some wise man, or woman, or it might even be a child, once said, “...*it is not what you have, it is what you do with it...*”

I, along with several others have compiled a lot of relative information to one’s fight against Prostate Cancer, and it is our sincere wish that it is being used for the intended good; easing the pain, Coping!

After you read this book, whether you bought it, it was given to you, you found it, or even if you stole it, pass it on to someone with the recommendation that they read it also.

Most importantly, do not discriminate.

EVERY LIVING PERSON deserves to read this

Coping With PROSTATE CANCER – *The Aftermath*

book, and not necessarily a person going through the challenges of Prostate Cancer, or any other forms of Cancer. As mentioned before, everyone is in some way impacted when impending, or any other disasters hit.

I found that a loving relationship; not just with families and friends, but with someone to whom you can extend love, even without reciprocation. If you can muster the ability to give, whether it is by loving or being benevolent to someone in need, your challenges with your present trial will seem much less endurable...

Coping with a situation wins most battles!

The story ends here, but the challenges continue...

Now past my 80th birthday, I am faced with the dreaded thought of having to continue living a life without the most cherished person by my side.

Now I won the ‘Search of a Life’, as promised by God, through the sacrifices of His Son, Jesus, The Christ,’ desirous to be married to her; a most delightful and loving woman within three months of meeting her (that was the impression Odeather made on me) - and the Somber and Calculated Things I am doing to Achieve the Peace she share with me.

People said I should not question God as to why He took my beloved Natasha when He did, but there is nowhere in the Bible that says it was a sin to question God. John the

Coping With PROSTATE CANCER – *The Aftermath*

Baptist, on his final hours before being beheaded, he sent messengers to Jesus, questioning if He was indeed the Sent One...

Source: *The Holy Bible, Luke 7:22.*

Thomas, one of Jesus' disciples doubted if Jesus was really risen from the dead...

Source: *The Holy Bible, John 20:24-29.*

So it is OK to entertain uncertainty sometimes.

I can almost assure you that God will reveal His Plan for you. In fact, such doubt can also lead to research that unveils discovery that cements a stronger degree of faith in God.

The Bible says if we lack wisdom (understanding) we should ask God who is very liberal in handing out such things.

Source: *The Holy Bible, James 1:5-6*

People going through trying times, as in these days, are faced with doubts as to their relationships with God, and it is OK to have concerns, as long as they will not conjure lack of faith.

It is faith that will keep us through the many challenges that life has to offer.

It is faith that keeps us intact; knowing that our trials are there to strengthen our resolves in knowing that Jesus Christ 'got this!

Coping With PROSTATE CANCER – *The Aftermath*

Your challenges will sometime seem insurmountable. You will have doubts, uncertainty and fears, but remember that God Got This!

He has our backs, even when we did not have His!

The Battle is not yours, it's the Lord's..."

Source: *The Holy Bible, 2 Chronicles 20:17*

As a Minister of the Gospel, this experience God has allowed me to go through has equipped me to more effectively, through better understanding and empathy, relates to others, especially those facing these kinds of challenges...

There has to be a Divine Reason why God has carried me through a Ruptured Appendicitis, Prostate Cancer, West Nile Virus, a grazed gunshot wound to my head, Corona Virus - (COVID 19), and the numerous other catastrophes, unbeknownst to me, just for a time as this when Satan seeks to destroy all he can before his eventual, sorry-ass end!

And even though I still do not understand, He has laid out His Purpose for me since the beginning of time: "...*The whole (duty) purpose of man is to love God and keep His Commandments...*"

Source: *The Holy Bible, Ecclesiastes 12:13-14*)

I am assured, even through the dignity of your situation, that it is all part of the Plan He has for you and

Coping With PROSTATE CANCER – *The Aftermath*

me, and the many others facing this predicament!

And through it all, I learned to trust in Jesus, and to depend on His Word... No matter how hopeless and frustrating things get!

Coping With Prostate Cancer is a fundamental chute from which you may launch your own struggles; documenting your own progress with the hope others may benefit and learn.

Let this be your opportunity to leave a lasting legacy; walking hand in hand with at least, some-one whose life you have changed...

All Because You Are Coping...!

Coping With PROSTATE CANCER – *The Aftermath*



REFERENCES:

“...large studies should be very valuable...”

Source: Memorial Sloan Kettering Cancer Center Prostate Cancer is cancer of prostate gland...

Source:

www.medicinenet.com/prostate_cancer/article.html

“Black men are at a higher risk of developing Prostate Cancer...”

Memorial Sloan Kettering Cancer Center

...maintain a thoughtfully designed screening regiment for Prostate Cancer as you age.

Source:

<https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-cancer-causes/>

Coping With PROSTATE CANCER – *The Aftermath*

“The prostate gland will end up having a lot of scar tissue...”

Source: *prostate-center.com/basics/prostate-post-rt/*)

“The person will be numb and drowsy when waking up after having prostate removal surgery performed...”

Source:

www.home-remedies-for-you.com/articles/2092/procedures-surgeries/prostate-removal.html

“Some famous men who were diagnosed with Prostate Cancer ...”

Source: [www.verywellhealth.com](http://www.verywellhealth.com/famous-people-with...) famous-people-with...)

“...be as good as I can, to as many as I can, for as long as I can...”

Source: *John Wesley*, <https://www.goodreads.com>

“...men will not talk about it...”

Source: <https://www.myprostatecancer-roadmap.com>

“Prostate Cancer surgery can disrupt normal urinary...”

Source: (<https://www.pcf.org>)

“...Prostate Cancer, like all cancers are self-caused and it’s far more important to search...”

Source: *Alan Wighton*-www.ArticleBiz.com

“...The prostate gland is a doughnut-shaped organ that is part of the male reproductive system...”

Source: *Free Articles from ArticlesFactory.com*

Coping With PROSTATE CANCER – *The Aftermath*

“Do yourself a favor and get your prostate checked out...”

Source: *Free Articles from ArticlesFactory.com*

“...my first inclination was to look for alternate methods to treat Prostate Cancer...”

Source: www.BenTashBooks.Org , In Search of an Orgasm/

“...herbal medicine that is aimed to restore your body...”

Source: www.cancerresearchuk.org.

“...is known as guinea hen weed, guinea hen leaf, garlic weed or gully root...”

Source: drcpleebloghistory.wordpress.com › tag › herbs-of...

“Xylopia aethiopica, commonly called African pepper or Guinea pepper...”

(Excerpt of www.Africasource.com)

“...raditional Chinese medicine often use herbal remedies along with conventional treatment...”

Source: (<https://www.cancer.ca>)

“Traumeel contains Achillea millefolium mentioned before, as well as Arnica montana...”

Source: (www.coursera.org) › lecture › cancer-medicine)

“Cancer death rates went down more among males (31%) than among females (25%)...”

Source: www.cdc.gov › cancer › dcpc

Coping With PROSTATE CANCER – *The Aftermath*

“In that time, 2.6 million fewer people died of cancer...”

Source: [www.webmd.com](http://www.webmd.com/cancer/how-many-cancer-deaths-per-year) cancer how-many-cancer-deaths-per-year.

“...nearly everyone knows or has lost someone dear to them from this collection of diseases.”

(Excerpt, <https://ourworldindata.org>)

“African American men are also slightly more likely than white men to be diagnosed with advanced disease....”

(Source: zerocancer.org/learn/about-prostate-cancer/risks/african-americans-prostate-cancer/)

“Jesus once told Peter, His disciple to ‘feed my sheep!’

Source: *The Holy Bible, John 21:17.*

“The harvest is plenty; the laborer are few...”

Source: *The Holy Bible, Matthew 9:35-38).*

“...go check later if what these men of God were saying were the truth...”

Source: *Holy Bible - Acts of the Apostles, 17:10-15)*

“He sent messengers to Jesus, questioning if He was indeed the Sent One...”

Source: *The Holy Bible, Luke 7:22.*

“Thomas doubted if Jesus was really risen from the dead...”

Source: *The Holy Bible, John 20:24-29.*

“We should ask God who is very liberal in handing

Coping With PROSTATE CANCER – *The Aftermath*

out such things...”

Source: *The Holy Bible, James 1:5-6*

“The Battle is not yours, it’s the Lord’s...”

Source: *The Holy Bible, 2 Chronicles 20:17*

“...The whole (duty) purpose of man is to love God and keep His Commandments...”

Source: *The Holy Bible, Ecclesiastes 12:13-14*)

A MODEL PRAYER

...For those of us going through this challenge...

“Father God, I come in the Name of your Only Begotten Son, Jesus Christ. You yourself made us Perfect Human Beings but sin entered our lives, making us susceptible to failures, including coping with this disease. In spite of our imperfections brought upon us by our disobedience, You have given us the wisdom to make right choices but we are so encumbered by the toils of life that we often fail to ‘do the right thing!’

Today, right now, in the Name of Jesus; the One who came to this earth to die such awful death just so we can have a relationship with You, I ask for Your guidance as I go through this challenge.

Coping With PROSTATE CANCER – *The Aftermath*

As Insurmountable as it may feel, we know You have the Love, Care and Ability to help us.

Father God, I may not actually be asking for a longer time on this earth, but how can I continue to serve, honor and worship You if my life is cut short?

Preserve me for Your Glory!

This I ask in the Name of Jesus Christ.

NOTE:

You might not be a believer in the Birth, Death and Resurrection of Jesus Christ, but this may be the time to reach out to a Caring God...

Read John 10/9 and see how profoundly simply it is...

Or do you have an alternative?

...And while you seek deliverance for your soul, specifically ask your doctor on the next office visit...

“Doc, can you check to see what’s going on with my prostate?” Should he/she asks, **“Why, what’s wrong?”**

Just reply, “Nothing really Doctor, Just Curious...” (that is if you have no real concerns!)

Remember, *“A stitch in time, saves nine...”*

Join Our Community of Hope

Coping With PROSTATE CANCER – *The Aftermath*

*Please let us share our testimonies of having to experience
this phenomenal work of God in our lives.*

*He brought us thus far, and He will not leave us,
even to the end...*

He Remains Faithful to His Promise...

Remember I am a Certified Life Coach and a Social Psychologist, now dedicated to helping my challenged brothers go through what God might have allowed...

Reach out and let's talk...

Contact with me at

readebooks@usa.com

lifecoach@counsellor.com

101mantalk@gmail.com

www.lifecoach.webador.com

God Gets The Glory!

YOUR IMPORTANT INFORMATION TO REMEMBER:

Date of Last Colonoscopy _____

Name/address of Doctor _____

Coping With PROSTATE CANCER – *The Aftermath*

Results. PSA Number _____

Any Treatment Required? _____

Scheduled Follow-up (if was required) _____

Important:

Since your medical practitioner might not specifically look for signs of a prostate abnormality, it would be wise to mention your interests/concerns about your prostate, even if you are just curious.

Remember a **swollen prostate** might be an indication that something is going on down there. It might not necessarily be cancer, but it is a sign that your prostate is CHALLENGED, and needs attention.

A simply 30-minute colonoscopy will determine if further treatment is necessary...

“A Stitch-in-time Saves Nine!...”

Coping With PROSTATE CANCER – *The Aftermath*

\$5.99 eBOOKS

<http://www.readebooks.org/>

Download to your Android, iPhones, Tablets or Computer

