



# The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health

By Dr. H. Ballentine Carter, Gerald Secor Couzens

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From the head of adult urology at Johns Hopkins comes a comprehensive guide to better prostate health: “This book should be read by all men, and their loved ones” (Mehmet Oz, MD, Professor and Vice Chair, Department of Surgery, New York Presbyterian-Columbia Medical Center).

## What Every Man Needs to Know About Prostate Health—At Any Age

More than twenty million American men are affected by a prostate health issue, and more than two hundred thousand are diagnosed with prostate cancer every year. But many of these problems are preventable.

Dr. H. Ballentine Carter is the preeminent expert in the diagnosis and management of prostate disease, and in *The Whole Life Prostate Book* he provides men of all ages the resources to respond efficiently and effectively to a prostate crisis, as well as advice on how to prevent a crisis from ever occurring. Filled with simple and nutritious recipes, easy-to-follow workout routines, and a straightforward approach to demystifying the complex medical jargon of prostate disease, *The Whole Life Prostate Book* is a comprehensive and powerful guide to maintaining optimal health throughout a man’s life.

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## **Editorial Review**

### **Review**

“Men today face myriad choices when it comes to their prostate care and prostate treatments. Dr. H. Ballentine Carter brings his enormous talents and knowledge to help them in this groundbreaking new book. This book should be read by all men, and their loved ones, whether establishing a prostate health regimen or facing a prostate crisis.”

—**Mehmet Oz, MD, Professor and Vice Chair, Department of Surgery, New York Presbyterian-Columbia Medical Center**

“Dr. H. Ballentine Carter has been pioneering prostate treatment for his entire career. Now, he brings his ideas and knowledge to everyone—and the impact will be profound. This book changes the landscape in prostate health and improves people’s lives.”

—**David B. Agus, MD, Professor of Medicine and Engineering, University of Southern California, and author of *The End of Illness***

“This is a comprehensive resource that will be a great help to all men and the people who love them. Dr. Carter takes men from infancy straight through their later years and clearly details what needs to be done to maintain optimal health. This is an essential guide—now more than ever.”

—**Alan W. Partin, MD, PhD, Director and Professor, the Brady Urological Institute, the Johns Hopkins Hospital**

“I have long been a fan of Dr. Carter’s research and witness to the personal care that he gives to all his patients. I’m grateful that he has now made available his hands-on experience to everyone in this easy-to-read, practical book that provides such good sense in an arena of medical decision making that too often is dominated by hype and fear.”

—**Herbert Lepor, MD, Professor and Martin Spatz Chairman, Department of Urology, NYU School of Medicine**

“The prostate, a small and enigmatic organ near the bladder in all male mammals, appears to be disproportionately afflicted by a bewildering collection of conditions as men age. This book captures the wisdom of Dr. H. Ballentine Carter, the most thoughtful urologist in the world today and a renowned expert on the detection, diagnosis, prevention, and treatment of prostate diseases. Writing with Gerald Couzens, a seasoned medical author, the prostate health information delivered is not only definitive but remarkably accessible—with myth busters, red flags, and takeaways provided to guide as well as inform men confronting prostate diseases. The book is certain to become required reading for men of all ages, and for their loved ones, as they seek to live longer, healthier, and happier lives.”

—**William G. Nelson, MD, PhD, Director, Sidney Kimmel Comprehensive Cancer Center, the Johns Hopkins Hospital**

“This comprehensive resource will be for men what *Dr. Susan Love’s Breast Book* is for women. Highly recommended.”

—***Library Journal* (starred review)**

About the Author

**H. Ballentine Carter, MD**, is a professor of urology and oncology and the director of adult urology at the Johns Hopkins University School of Medicine. An internationally recognized expert in the diagnosis and treatment of prostate disease, Dr. Carter directs the Proactive Surveillance Program for prostate cancer at Johns Hopkins.

**Gerald Secor Couzens** is the author and coauthor of more than two dozen books about health, medical topics, and sports. He also writes for various publications, including *The New York Times*. Couzens is the co-creator and, for the past fifteen years, the managing editor of *The Johns Hopkins Prostate Bulletin*.

## **Users Review**

### **From reader reviews:**

#### **James Sellers:**

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#### **Susan Woods:**

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#### **Tia Rosario:**

Often the book *The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health* has a lot of information on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This specific book very easy to read you will get the point easily after perusing this book.

**Marjorie Calhoun:**

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