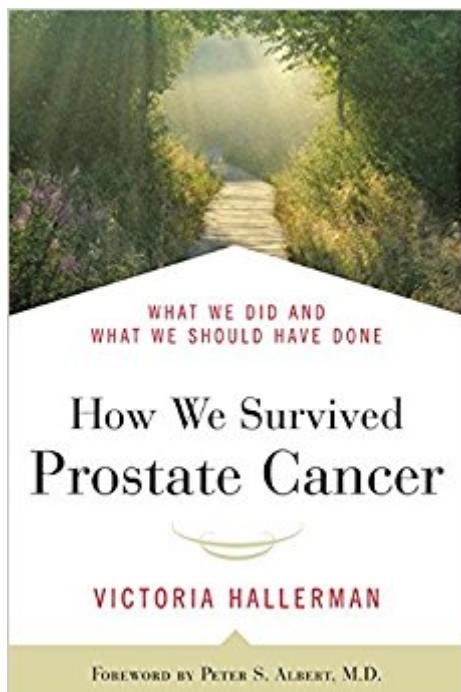


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# How We Survived Prostate Cancer: What We Did And What We Should Have Done



## **Synopsis**

In this unflinchingly honest account of one couple's struggles through prostate cancer, told from the wife's point of view, Victoria Hallerman writes poignantly of the six-year journey that changed the landscape of her and her husband's lives. She and Dean had been married 33 years when he got the news and underwent treatment that included radioactive seeds and hormone therapy, with severe and unexpected results. Both a moving memoir and a supportive guidebook, *How We Survived Prostate Cancer* is a cautionary tale to make sure others don't make the same mistakes that Hallerman and her husband made along the way. It addresses everything from redefining intimacy to a wife's anger and loneliness in the face of her husband's illness, and offers: A compelling personal story of one couple's difficulties and ill-informed choices "In Dean's Words": comments on the treatment and its aftermath "What We Know Now": nuggets of hard-won advice Interviews with wives of prostate cancer survivors Treatment options and suggested questions for doctors Dr. Peter Albert's Top Ten List for Patients and Partners Comprehensive Glossary and Resource section

## **Book Information**

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## **Customer Reviews**

Starred Review. More than just a personal memoir, this tour of duty from the wife of a prostate cancer survivor is packed with critical information on the nature of the disease, current treatment options and the process of choosing a physician. Both as individuals and a couple, the Hallermans made many mistakes--first among them was Dean's decision to hide his diagnosis from his

wife--and this guide benefits enormously from their honesty (poet Victoria narrates, Dean contributes short personal asides). From treatment decisions made without adequate information to the drastic changes in their sex life, Hallerman is blunt and unflinching regarding their mortal and marital crises, and explicit in her advice to avoid despair, self-blame and isolation. Thorough, clearly written glossary and appendices cover treatments, side effects, resources for information and support, current research and a checklist of "must do's" from Dean's current urologist (who also provides a foreword). Though Dean suffered horribly before finding a doctor and regimen that worked for him, this moving and highly useful book proves his setbacks were not in vain. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"This book is a candid portrayal of the effect that the diagnosis and treatment of prostate cancer can have on a significant other. Filled with excellent resources, it will enable readers to broaden their understanding of the complexities of different treatment options." â "E. Darracott Vaughan, Jr., M.D., New-York Presbyterian Hospital"Beautifully writtenâ "what else would you expect from a poet?â "and incredibly helpful. Victoria Hallerman has a marvelous eye for the offbeat detail and an excellent grasp of how a man and his spouse can best cope with the disease, its treatments, and its aftermath." â "Marc Silver, author of *Breast Cancer Husband*"This honest, wise, and generous handbook is especially helpful for that excruciating time after diagnosis and before treatment. Victoria Hallerman adds her intelligence to the growing body of literature that struggles with prostate cancer's medical and social challenges. Perfect to slip into your purse or briefcase for company in the waiting room." â "Karen Propp, author of *In Sickness & In Health*"Well written, with an honest perspective of the journey of living with prostate cancerâ |Will be a great resource for many couples." â "Ali Torre, wife of baseball manager and prostate cancer survivor Joe Torre"As a 16-years-plus survivor and the founder and facilitator of a prostate cancer support program, I think this book should be kept on the nightstands of prostate cancer survivors as a constant reminder and reference on how to battle this dreaded disease." â "Dennis O'Hara, Poughkeepsie (NY) chapter of Man to Man

My first reaction to this excellent book was one of admiration that Hallerman could construct at once a moving personal account of a marriage under siege of health crisis, a constructive guide to intelligently navigating a daunting sea of doctors, treatments and medical decisions and an invaluable resource for treatment information, support groups and internet research. This was as an objective reader and acquaintance of Ms. Hallerman. But when I received my own diagnosis of

prostate cancer shortly after this first reading, I hurried back to the book with a new appreciation of her step by step approach to making my own decisions; the wealth of information gathered in one book; the brilliant inclusion of her husband's thoughts and experiences and her steadfast insistence on getting multiple opinions and not settling for a doctor I wasn't comfortable with. I credit her book with my own decision to switch to my 'second opinion' doctor when I was under whelmed by my diagnosing surgeon and his recommendation for a radiation oncologist. I sent a copy to my GP and he said that reading Hallerman's account of her husband's hormone deprivation therapy 'changed his mind' about his absolute endorsement of its use. This book is recommended for anyone making tough medical decisions as a couple and required reading for prostate cancer sufferers and their partners.

HOW WE SURVIVED PROSTATE CANCER is a guide, a psychologist and a medical primer to everything you need to know. This beautifully written book holds your hand, points out the icy patches and guides you through the confusing maze of differing opinions, treatment choices and approaches to dealing with the diagnosis. Victoria Hallerman examines the emotional and physical fallout of each of the choices she and Dean made during this stressful time. She also carefully describes how they each dealt with having made some, ultimately, unfortunate choices and how this affected their relationship. If you're in this situation, How WE SURVIVED PROSTATE CANCER is the best possible choice you can make. It may, for you, be the neon-colored cone that prevents you from sinking into an enormous pothole on a very rough road.

This book was an excellent guide for us. I ordered it the day we found out my husband had prostate cancer, and it helped us tremendously in making the decision on how to treat him. Ms. Hallerman covers all the treatment modalities, discusses the positive and negative aspects, and opening discusses the emotional effects of both having the disease and being a caretaker/helpmate of the patient. My husband is anticipating his surgery with substantially less fear than he had prior to our reading the book, and I am feeling very confident that our decision was the right one. I highly recommend this book!

I appreciated the perspective of a woman. She described perfectly the confusion and fear that comes with the diagnosis. I also liked the sidebars of the husband's perspective. While treatments have changed and each case is unique, it helped to know what to consider.

This memoir is well thought out and very well written; it provides today's couples with most if not all of what they need to unite and act as each others best friend and ally in the struggle to combat one of today's worst cancer killers for men. Victoria Hallerman uses her considerable talent as a writer to articulate the horrors and nightmares of the battle she and her husband have waged against prostate cancer. A must read for anyone beginning the battle or even well into it.

While this book seemed somewhat disorganized in sequence it contains a great deal of useful information and is helpful in the respect of tempering the fear one faces when you first hear the "C" word. It is enlightening to hear from the wife's perspective but I think the references for information about support groups and medical references are the most important. A good book to have in your library if you are having prostate problems.

A book all men should read before deciding on prostate cancer treatment. You will not get all the information you need from your physician. This is just another bit of necessary info.

Would recommend reading for anyone with stage 4 prostate cancer. We learn by other people's mistakes and it makes the cancer more parable.

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