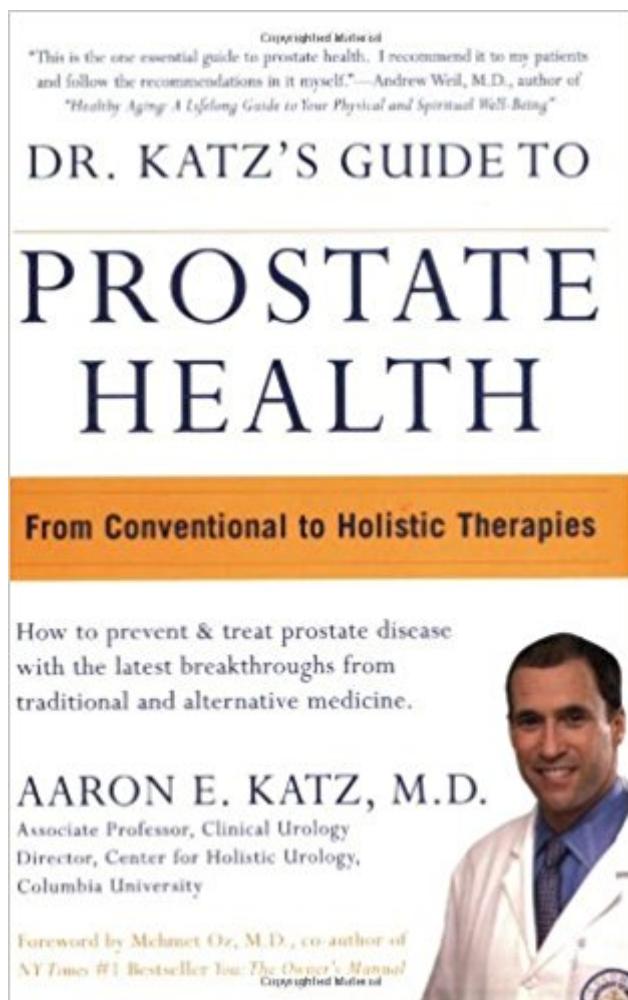


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# Dr. Katz's Guide To Prostate Health: From Conventional To Holistic Therapies



## **Synopsis**

Dr. Aaron Katz take the best of both worlds - the best of what conventional medicine at the Columbia University Presbyterian Hospital has to offer and the best of alternative medicine. A powerful message needs to include both approaches.

## **Book Information**

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## **Customer Reviews**

Aaron E. Katz, MD is director of the Center for Holistic Urology at Columbia University Medical Center and Associate Professor of Clinical Urology at Columbia University College of Physicians and Surgeons.

This book is MUCH better than I expected as Dr. Katz successfully straddles the allopathic and alternative medical worlds to give counsel on this topic that is rife with contradictory advice. To aid your research, have send you Dr. John Lee's "Hormone Balance for Men" in order to understand this research pioneer's "take" on the prostate. As a complement to Dr. Lee's short research paper, while not specifically for prostate, Tanya Harter Pierce's "Outsmart Your Cancer" is FILLED with alternative treatments, none of which are mentioned by Katz or Lee, that can give you additional ideas. My advice: Start with the four chapters on Protocol and then the short piece on LDN; I guarantee your sense of hopefulness will get a boost. I believe, each of us has to look long and hard (remember, prostate cancer is very slow so you have some time) at our own situation and the MANY alternatives that can help men escape the "mad bomber docs" who want to first bombard

your body with radiation and then fill you with female hormones.

Lots of important information, but getting it is getting to be a little out of date. Advice: find current information about the HoLEP procedure for BPH, but check for insurance coverage. It seems the surgery centers are taking advantage of the high desirability, high demand, and somewhat rare availability of this procedure to profit by avoiding programs like Medicare or insurance policies that limit the payout.

I have really strong feelings both pro and con about Dr. Katz's book. On the one hand, it is one of the most comprehensive books on the care and treatment of the prostate and its problems that I have come across, and I have read many. It gives detailed information, and DOSAGE LEVELS for recommended herb treatments for BPH and prostatitis, along with conventional medical prescription options, as opposed to the generalized information in these areas that you'll typically find elsewhere. I was impressed with the detailed information about how prostate processes and treatments actually work in this book, as I've never seen another that explored options on both sides of the traditional medicine/holistic line, that are usually at such odds with each other. In this sense, I don't think the book has any peer, and in that sense, I believe it deserves the highest rating. The big problem that I have with this book, is that, while it was written and published as late as 2005-2006, Dr. Katz seems to lose all his objectivity when it comes to prostate cancer and the latest treatment results, and simply reverts back to being a urologist. By this I mean that according to the good doctor, the only reasonable treatment for prostate cancer is surgery. Surgery is what urologists do, so consequently, Dr. Katz continues to portray prostate surgery as the "Gold Standard" in prostate cancer treatment. While lots of men have certainly travelled down this road, I've heard from more than a few doctors (including urologists) that with the advancements currently being made for prostate cancer treatment, it is quite possible that in ten years surgery will not even be performed anymore as a treatment for prostate cancer. That is of course unless most urologists have something to say about it. While a multitude of prostate cancer patients are now routinely being treated with external beam radiation, radiated seed implants, and hormone therapy -- all with results that equal surgery with fewer lifelong side effects, Dr. Katz barely mentions these options as frontline treatments, relegating them to some sort of "clean up" therapies when the problem exceeds surgery's ability to help. In my opinion, this is a huge failing of this book, as dealing with prostate cancer is one of its primary directives, and certainly one of the most important. It's interesting, in that this serious shortfall could easily make the entire book irrelevant to its audience, if it wasn't so wonderful in every other

respect. Because I have to respect what is so comprehensive and original about this book, I have to give it four stars, knocking it down from five because of its one very significant failing. For all men seeking comprehensive answers about prostate health, this is a good place to start. But please don't let Dr. Katz's impressive knowledge and stature as an expert in this area influence you about surgery being the only realistic option when it comes to prostate cancer. From what I've learned from many other books and from prostate cancer patients themselves, it simply is not the only answer, and it very possibly is not even the best one. My best wishes to you if you have prostate cancer. In your efforts to find a treatment that you are "comfortable" with, please take the time to read as many books as possible before making any decision, or even getting additional opinions. Much more knowledge and perspective can be gained from some of the better books on the subject, than from visiting a number of doctors that will press their own subjective opinions, if you don't have your own knowledge already in hand. Whatever you choose, you will likely find out so much more about the disease and your treatment options after you choose and receive a form of treatment, than you did before. Since treatment is irreversible, try to try to narrow that gap as much as possible beforehand. Good luck to you.

I thought the book was thorough and understandable for a novice like me. It explored all types of prostate issues and all treatments available. It gave me a sense of relief. We always assume there is no answer to our physical ailments until we talk with a professional. I thought Dr. Katz gave an objective explanation of each type of medical and holistic treatment available. Great read for any man with any prostate issues.

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