

"An honest depiction of personal emotions including fear, frustration, hope and the joy of measuring each triumph in his journey."

—Dan Zenka, Prostate Cancer Foundation

ONE MAN'S
LIFE-CHANGING
DIAGNOSIS

NAVIGATING
THE REALITIES OF
PROSTATE
CANCER

Craig T. Pynn

One Mans Life Changing Diagnosis Paperback 2012 By Craig T Pynn

Craig T. Pynn



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One Man's Life-Changing Diagnosis Craig T. Pynn, 2012-06-20 A prostate cancer survivor provides a comprehensive overview of experiencing the disease offering coping strategies for dealing with every stage of the process and how to best use social networking to connect with others going through the same thing *My Cancer Survival Saga* Jen Kimberley, 2016-10-18 Author Jen Kimberley was building a life for herself in Denver Colorado after the death of her husband from lung cancer when she was accidentally diagnosed with leukemia In *My Cancer Survival Saga* she shares her personal story Her narrative covers mistakes she made things she learned the hard way and people who helped her It describes her first encounters with alternative cancer treatments such as IPT and hyperthermia her changes in diet and lifestyle that removed toxins and increased oxygen levels and the weight loss and weakness known as cachexia and coming out of it alive and strong despite conventional predictions In sidebars she offers helpful and educational information for readers who want to know more about treatment options other than chemotherapy radiation and surgery and she teaches how best to work towards a cure rather than just remission Along with one of Jen s entertaining poems *My Cancer Survival Saga* also offers five sections on energy work to start clearing validating and protecting your own space These include specific tools anyone can learn to use that remove stress and increase personal confidence *One Man's Life-Changing Diagnosis* Craig T. Pynn, 2012-06-20 Awarded a 2012 American Journal of Nursing AJN Book of the Year Award in the Consumer Health Category *One Man s Life Changing Diagnosis* provides a comprehensive patient s eye view of the clinical emotional relational and spiritual experience of prostate cancer from the time of first symptoms to diagnosis to treatment and to living as survivor with an advanced cancer that can return at any time The book discusses everything that results from a diagnosis of prostate cancer from relationships to sex to social networking to finding support groups And it explores feelings why some men feel free to talk openly while others remain silent and what that silence is about It teaches strategies for coping with the often inappropriate responses when the individual tells relatives friends and acquaintances that he has prostate cancer *One Man s Life Changing Diagnosis* shows How to become an informed advocate for your own particular clinical situation by knowing where and where not to seek information online How to make informed judgments about a treatments validity Why men with prostate cancer tend to deal with their illness quite differently than women who have breast cancer and what that implies for a person s well being

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