

# **The Prostate and Its Problems**

## **Preface**

**Hans R. Larsen and William R. Ware**

When we decided to join forces in the spring of 2005 to embark on the venture of writing this book, we had both for some time been following the peer-reviewed literature concerning prostate problems and in particular had done a fair amount of research into prostate cancer. One of us (WRW) had closely studied and followed developments in the diagnosis and conventional treatment of this disease, and the other (HRL) had researched alternative methods for prevention and treatment. We both had read numerous books on cancer and prostate cancer in particular and had, somewhat surprisingly, reached the conclusion that no one book covered the entire spectrum of problems. Some books written for the lay audience were excellent in explaining conventional treatment methods, others were quite comprehensive in their discussion of herbs and supplements that might prevent cancer, but none, it seemed to us, really provided the whole gamut of information necessary for a man who wants to take charge of his own health and, along with his physician, make reasoned decisions regarding diagnostic options and possible treatments of prostate problems. Prostatitis and benign prostate enlargement (BPH), although affecting millions of men, did not seem to be covered very well, perhaps because conventional treatment, certainly in the case of prostatitis, is often less than satisfactory.

So our mission was clear, to write a book that covered the three major prostate problems – prostatitis, BPH and cancer – from etiology to therapy, including both alternative and conventional measures of prevention and treatment. The intended audience includes laymen who want to be thoroughly informed and health-care professionals involved in primary care. We also agreed that all statements made in the book would be backed up with references to peer-reviewed medical journals. Another condition was that the material must include the most recent relevant published literature. Given the constraints of the cut-off date for publication, this was no small task, but you are now holding the result in your hands – over 400 pages of information documented with over 1200 references plus appendices providing additional useful information and resources.

If you have prostate problems now, the book provides a comprehensive discussion of your options and offers the opportunity to acquire the background knowledge necessary to understand the diagnosis, prognosis, and possible treatments along with the associated complications and side effects. This knowledge should enable a man to engage in a truly informed interaction with the physician or physicians involved in providing advice and treatment. Given that many of the decisions faced by a man with prostate problems are far from clear-cut, especially in the case of cancer, and that he is frequently given a choice among options, this knowledge turns out to be vital. On the other hand, if you are one of the lucky ones not yet experiencing problems, our book “The Prostate and Its Problems” may help you avoid them in the future.

This book is a thoroughly cooperative effort on the part of two authors, but it would not have been possible without the whole-hearted support of the wife of one of the authors, Judi Larsen, who was instrumental in seeing it come to fruition. Without her word processing skills, editing advice and encouragement, we could not have accomplished the task. Also acknowledged is the assistance of Hannah Koppenhoefer in connection with the artwork.

**Hans R. Larsen**  
**Victoria, BC, Canada**

**William R. Ware**  
**London, ON, Canada**

**August 2006**