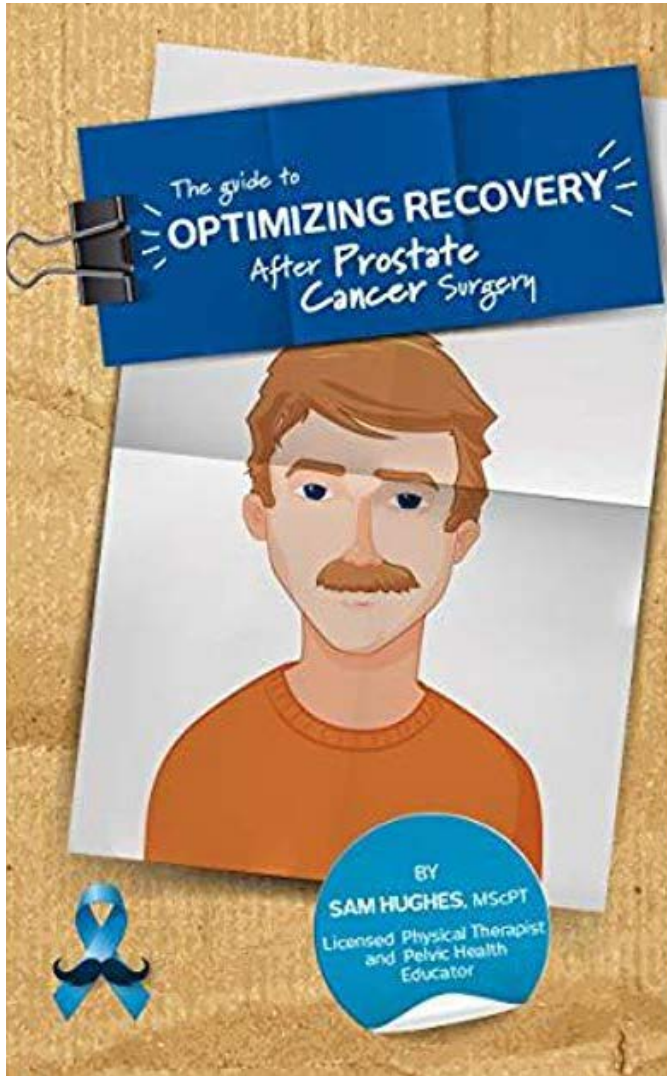


BOOK REVIEW: THE GUIDE TO OPTIMIZING RECOVERY AFTER PROSTATE CANCER SURGERY BY SAM HUGHES, MScPT



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The Guide to Optimizing Recovery after Prostate Cancer Surgery by Sam Hughes, MScPT is a sensitive and helpful handbook that outlines what to expect while recovering from prostate cancer surgery. Prostate cancer is the second most common form of cancer in men worldwide and is very often treated by surgical removal of the prostate gland. Having a guidebook to assist and empower men and their families through recovery is a useful resource for a large population of men and their families going through what can be a very stressful time.

For a relatively short book (156 pages), The Guide to Optimizing Recovery After Prostate Cancer Surgery covers a wide span of information - including an outline of prostatectomy surgery, types and causes of incontinence, appropriate pelvic floor

training, and how sexual health may change post-operatively. The information is well researched and clearly presented in approachable language without being over-simplified, and accurate illustrations are used to assist in the explanation of key or complex points. Each chapter is concluded with a 'Notes' section which is a full page spread, allowing and encouraging patients or family members to immediately reflect, write down questions to ask their health care provider, or to do a self-summary of the important information contained in the previous chapter. The author's experience and care working with this patient population is further demonstrated throughout the book with helpful and important tips being highlighted throughout the text, content educating regarding skin care and incontinence product recommendations and a section highlighting the importance of emotional support and stress management.

Additional features that are included are the 'Q & A: Urologist's Corner' and the detailed, user-friendly Appendices. The 'Urologist's Corner' section receives input from two British Columbia based urologists and answers questions regarding surgical procedure, changes in penile length, and penile rehabilitation post-operatively. This section allows men to identify questions that they may want to discuss with their own urologist as well as ensure that they are aware of treatment options and timelines for recovery going forward. Following the 'Urologist's Corner', the appendices include practical advice regarding urinary urgency and constipation management as well as general breathing and stretching recommendations - all accompanied by clear illustrations demonstrating appropriate posture and technique. They also include a bladder diary template, encouraging men to track their urinary voids and incontinent episodes to assist in monitoring for change over a period of time.

Overall, this book is a fantastic resource for patients and their families looking for more information on the prostatectomy process and would be helpful both prior to surgery and post-operatively to inform their recovery. The guidebook clearly outlines what to expect from the procedure, as well as what to expect from recovery and provides realistic timelines, suggestions regarding management, and when to seek external help. While it does not replace an information session or one-on-one pelvic health assessment, it is an excellent support and adjunct to ensure that information is retained and understood. I plan to keep this book available in my own clinic, and will suggest it as a resource to my male patients undergoing prostate cancer surgery.

The Guide to Optimizing Recovery After Prostate Cancer Surgery is available on [the author's website](#) or at [Amazon.ca](#) for \$24.22.