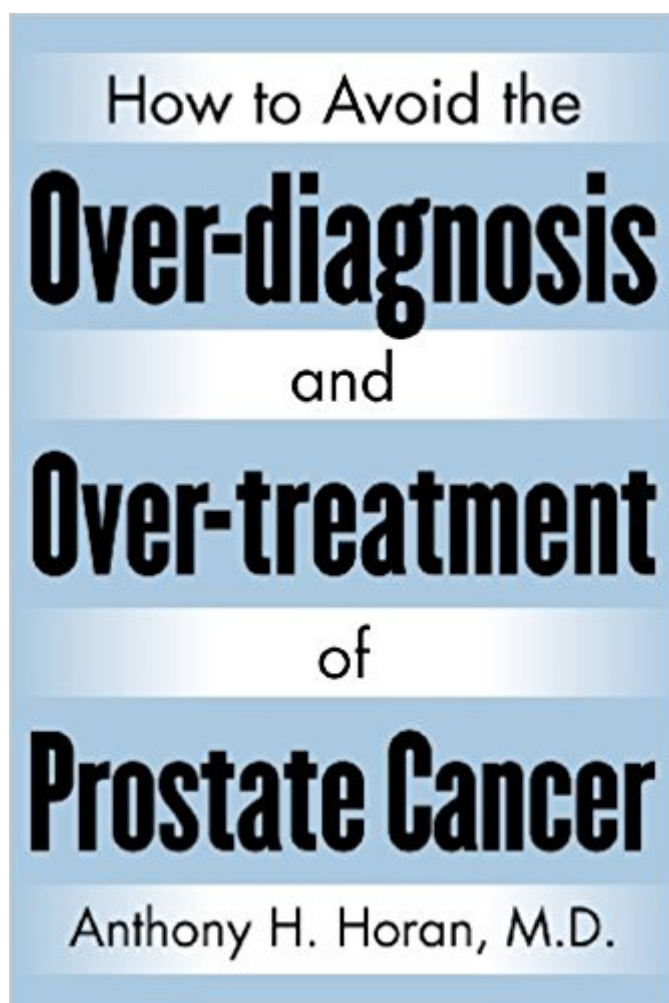


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# How To Avoid The Over-diagnosis And Over-treatment Of Prostate Cancer



## Synopsis

"We have needed a book like Dr. Horan's for 30 years, ever since radical surgery at Johns Hopkins and radiation at Stanford were revived without scientific proof of life extension. Using his liberal arts education to establish a consistent science of prostate cancer, Dr. Horan takes on the entire culture of over-diagnosis and over-treatment in language the public (the taxpayer) can understand. This book is timely as we face up to the fact that we cannot pay for every legacy code under Medicaid /Medicare but must finally choose cancer treatments, or non-treatments, that prolong quality adjusted life rather than enrich the medical-industrial complex." Tony Coelho Chairperson for the Partnership to Improve Patient Care Primary author and sponsor of the Americans with Disabilities Act "As a physician and physiologist, I think Anthony Horan is on the right side of what should not even be a controversy." Roger Guillemin, M.D., Ph.D. Nobel Laureate in Physiology and Medicine In 1973, we urologists had prostate cancer about right, no screening, no radiation, and no radical surgery. All cancers discovered were assumed to be metastatic from the get-go. If any treatment was necessary, it was systemic hormone deprivation. But, ten years later (1983-1987) radical surgery was revived without new evidence; ultrasound probes were miniaturized to fit in the rectum; and the PSA blood test was described as capable of finding new cancers but as lacking the specificity required for screening. The whole world screened anyway. Money poured into U.S. hospitals and faculty practice plans. Post-radical surgery deaths (2600) peaked in 1992. By the autumn of 2011, two reports had showed that radical surgery did not lengthen cancer specific life compared to nothing. PSA screening was found by the Preventive Task Force of the U.S. Federal government to cause more harm than good. This book reinforces their statement. Anthony H. Horan, M.D., a graduate of Dartmouth College, received his medical degree from Columbia's College of Physicians and Surgeons. He did his internship in internal medicine and one year of general surgical residency at St. Luke's Hospital in New York. After two years in the Air Force as a general surgeon, Horan returned to New York for a Urology Residency at Columbia Presbyterian Hospital. He left New York to become Associate Professor of Surgery at Marshall University and the Veterans Administration. Presently, he is in private practice in Delano, California.

## Book Information

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## Customer Reviews

This book empowered me to critically search the research literature, the reviews, and to read the many Cancer Societies' websites with an eye to what they tell us between the lines. The book is well enough written so that you can disagree with the author's own contentions - he gives his sources - which is a lot more than my own doctors did in prescribing treatment for my malignant prostate cancer. Again and again I found myself asking doctors 'how do you define success/survival' & etc. - which I wouldn't have thought to ask before reading it. The book enabled me to resist social pressure to agree to radical treatment 'immediately' until I had read enough, and found a doctor that could provide research-based advice. An important book - and funny too - for anyone with prostate cancer.

Any man that is diagnosed with this disease or knows someone that is, owes it to themselves to read this book and research the information provided by Dr. Horan. Since the mid 80s the mantra from the medical community was cut it out or nuke it. After 25+ years, we are now finding out that advice is NOT the best for a majority of men. Don't be one of the 'worried well' and be driven to invasive treatment by F.U.D. (fear, uncertainty and doubt). Do your own research and make your own decisions on what is best for you.

Every man needs to read this book if he is having prostate issues. It will give a historical perspective on prostatectomys and why they have become viewed many times as ineffective and unnecessary. After reading this book you will want to avoid a biopsy unless all information points to its absolute need.

Excellent history of medical approach to Prostate Cancer. Very clear description of how money and

egos are first and human beings second.

lots of opinion mixed with studies.

This book is excellent and to the point. EVERYTHING you need to know about prostate cancer. No sugar coating the truth - just well researched and documented material. A MUST READ for anyone needing to make a decision about how to live with and treat prostate cancer! Thank you, Dr.

Anthony Horan, for telling it like it is!

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