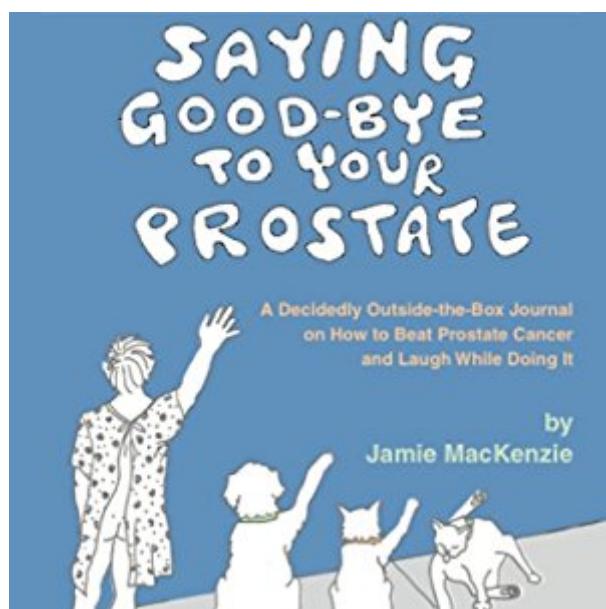


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# Saying Good-Bye To Your Prostate: A Decidedly Outside-the-Box Journal On How To Beat Prostate Cancer And Laugh While Doing It



## **Synopsis**

What could possibly be funny about prostate cancer and prostate-removal surgery? Almost everything, it turns out - if you let it be. This handbook memoir, written by prostate cancer survivor, actor, writer, producer, Jamie MacKenzie, walks men and their loved ones through all of the serious steps before them - from PSA numbers rising to determining whether to have a biopsy, from diagnosis to pre-op, from surgery to recovery - all while not only telling readers what to expect, but also showing them how to mine the inherent humor that will unexpectedly and mercifully accompany the fear. Written because the author, while acknowledging the many fine books available on the subject, felt that they were too dry and somber, and felt like an additional punishment to have to read; that what they lacked was first-hand access to the roller coaster of emotions one has when taking this harrowing, involuntary journey. With whimsical illustrations heading each chapter, reflecting its content, this heartfelt memoir disarms and encourages readers, reminding them that smiling is permissible even when faced with a serious health crisis. This is what it actually feels like to face prostate disease, to undergo prostate removal surgery, and to go forward with one's life, on a very personal and accessible level. This is an intimate celebration of humanity - with a portion of proceeds going to Prostate Cancer Research.

## **Book Information**

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## **Customer Reviews**

After being diagnosed with prostate cancer in November, 2012, I was eager to read first person accounts of the surgery I had elected to undergo in January, 2013. I bought this book in late

December 2012, well into my search for information. MacKenzie approached the subject with humor, which at times was not as funny to me as it was to him, but I think each man will have his own reaction to prostate cancer and the various problems that arise and I have no problem with his humorous approach. I was very glad to get the details of MacKenzie's treatment because having that knowledge helped me ask questions about my pre- and post-surgical treatment. As I write this, I am 10 days post-surgery, have had my catheter removed, and have faced many of the situations that MacKenzie wrote about. Reading this book allowed me to feel much better about getting wheeled into the surgical suite. I liked the details he gave about regaining continence after the surgery--most men worry more about potency and know little to nothing about regaining continence. As my surgeon said, it is difficult to become intimate when you are peeing on your partner. As MacKenzie writes, how long it takes to regain continence is different for each man. His comments on regaining potency are similar, very helpful information. I strongly recommend this book for any man or significant other of a man with prostate cancer. Reading it will help, whether or not the surgical route is chosen.

I feel very fortunate to have learned about this book after being diagnosed with my own case of prostate cancer. With little knowledge to know about alternative treatment options, much less what to expect with each, I found this book incredibly informative on a very serious topic and yet, amazingly "fun" to read. The author's openness and honesty about his own situation and "human-ness" was an incredible boost and encouragement for me to do the same. His story was a great assist in my journey from diagnosis, to successful elimination of the cancer, to candid sharing with others. I highly recommend this book and was especially pleased to see that a portion of the sales proceeds go to the Prostate Cancer Foundation.

Jamie MacKenzie has written a plucky and hilarious book that is a gift, describing his journey through the initial moment of prostate cancer diagnosis, subsequent treatment and eventual recovery. Amidst the clinical, statistical and technical writing on this tough subject, his slim illustrated volume is a standout. It takes us through a very personal, often lonely and challenging process with self-effacing humor and the conversational intimacy of a friend who dispenses with modesty in order to help others. If this book were handed out with every diagnosis of prostate cancer, thousands of men and their families would find solace, education, understanding and kinship with others in similar circumstance.

Your frank approach to an awkward topic was really appreciated. I would recommend this to every man over 50. It should be required reading. I wish you all the best.

well written, informative, funny, serious, very helpful to guys going through this trauma. Good gift for those with this problem.,

This was a gift and I was told that it was a wonderful funny way of looking at a miserable disease that most men will eventually suffer with.

Author James Mackenzie has delivered a book on a subject not always welcomed in polite company. Want to clear a room fast? Try talking about your prostate. Typically, for a male, the only humor you could find in the subject was some clever remark about the ritual "turn-your-head-and-cough" exam, yet with warmth, great humor, and a deep and abiding humanity Mackenzie has told us the story of his own personal journey to the edge and back, and has done so in a way that is entertaining as well as being tremendously informative. This book is a must-give to any man you know who's facing the reality of prostate cancer, and I can tell you it will be thoroughly appreciated. The Author faces his fears with dignity and even grace, and we readers are brought along on a sometimes harrowing, sometimes moving, and always interesting ride. I read it in one sitting - it's that good.

Excellent read for anyone who had, has, may get, or simply knows someone with prostate cancer. That is a wide net! That it promotes PSA testing is a plus. Further pluses: the big print, the illustrations, the humor and the good grace with which the author takes his knocks is endearing without being sappy. A instructional comic book for adults, with heart: I liked the man and hated the disease for him. The author is an animal person, so you know he is a good guy. Buy, read and give to the males in your life that you love.

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