

How I Survived my Prostate Cancer Problem with TLC and a Catheter Tips for male prostate patients who live with a catheter
By John Giacon Introduction by Brian Morris
The doctor dropped his bombshell. "You have a prostate problem, John, and you'll need an operation." Wow! Sudden news like that can throw a fellow completely off his stride. But the good news is: fixing your prostrate problem is usually a straightforward medical procedure. Usually. But not always. The unexpected can happen. Every man (and the spouse who wants him to stay alive and vital) should read this step-by-step account of how John Giacon survived his prostate treatment. It was anything but straightforward. John has documented "with helpful information and good humour" his six month journey from diagnosis, through worry, and back to fitness and health. Learning how to live with a catheter is something you can't really know until you have one. But reading about someone else's experience is the next best thing. Medical science is wonderful. But it is administered by human doctors, anaesthetists, x-ray technicians, diagnostic analysts, nurses and office administrators. It pays to know as much as you can about the whole process of getting your prostate problem fixed. Getting fixed is a partnership. Patient " medical team " home support. Each leg of the stool is equally vital. What we DON'T KNOW can kill us. Why? Because we are past the age when "Doctor knows best" is a satisfactory answer to your questions. John explains how he knew enough to question his medical team, doctors, technicians and nurses. Not in a "I-know-it-all" bombastic way but rather "could we consider" or "how about if" That's a useful lesson. Knowing "how the system works" can make your stay in a hospital enjoyable and positive, instead of frustrating and purgatory on earth. Knowledge is the key. There is always a funny side to being in hospital. You'll read how John escaped from his hospital bed, trailing drip tubes and his catheter bag, so he could watch the mighty All Blacks play rugby against the Springboks. Finding himself surrounded by a veritable United Nations of medical staff had its problems. How does a true-blue Kiwi bloke explain to a nurse from Taiwan "Jees, mate, I feel crook in me puku." John is an accomplished fly-fisherman. This "brotherhood of the rod" created an instant bond with his overnight nurse. Talking about the trout they had caught, special flies and lures, casting techniques and cooking trout recipes can turn a night of pain and misery into a memorable meeting of the minds. It's all here. When you've finished reading John's story you'll feel uplifted. Tender loving care, a sense of humour and understanding the medical procedures can restore your joie de vivre. As you read these words John is likely to be casting his line across a trout stream and enjoying the sunshine, the ripple of the water, and matching his skill against a wily big trout. There is a lot of LIFE yet to be lived after the doctor says "You have a prostate problem, John. You'll need an operation." Chapter 1 THE RUDE AWAKENING
During the early years of my retirement I filled my spare time writing books about my addiction to the sport of fly-fishing. On reflection, I believe those years I sat in front of my computer writing my books in a somewhat cramped position, often compressing the need to visit the toilet to have a pee for unreasonably long spells probably set up a condition that brought about some urgency for me to visit the toilet much more frequently than I had done normally. Is that something YOU can relate to? Accountant? Lawyer? Computer programmer? Games player? Stockbroker? Author? Graphic Artist? This book is for you. You know you spend too much time sitting still. Beware! Worse, I now found I had a prostate problem. This book is good news. After all, I'm alive and telling you about it. Read my story.

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