

IP Book Reviewers

Non-Fiction/Health/Cancer

I Left My Prostate in San Francisco—Where's Yours?

Rick Redner & Brenda Redner

2013

West Bow Press

255 Pages

ISBN: 978-1-4497-7961-0

I left my Prostate in San Francisco—Where's Yours? is by no means a ringing endorsement for robotic prostate surgery. However, it is a candid and courageous explanation of what patients—and couples—should expect in the months preceding and following this procedure. Through an autobiographical account of their experience with prostate cancer—from diagnosis, to pre-surgery preparation, to the surgery itself, to the recovery process—Rick and Brenda Redner touch upon nearly every aspect of the disease.

After reluctantly allowing his physician to perform a routine examination, Rick learned that there was a suspicious lump on his prostate. Then the biopsy confirmed Rick's darkest fear: he had prostate cancer. This disease would disrupt—and irreversibly change—his life in ways that he could not imagine at that time. It would also profoundly alter his relationship with his wife, Brenda.

"A cheerful heart is good medicine." This proverb highlights the attitude that enabled Rick and Brenda to endure this difficult period in their lives. Their faith in God—and the support of the Christian church—helped them remain sane and optimistic during their darkest days. The couple's reliance on the healing power of laughter, and, more importantly, their commitment to the Christian faith, comes across in every chapter of the book. Aided by humor—and the inspiration of the Scriptures—the authors offer readers (dealing with this disease) vital information relating to the emotional, spiritual, physical, sexual, and psychological effects of prostate cancer.

The majority of the book is written by Rick. He begins by describing his emotional reaction following the dreaded diagnosis. Next he discusses how the biopsy and bone scan affected him physically. Then he explains the reasons for choosing robotic prostate surgery. Finally, he describes the surgery, and the direct effects this procedure had on his urinary control and sexual ability. Yet throughout the book—in various chapters dealing with how to tell family and friends about the diagnosis, who to let into one's circle of confidence (or on one's team), and how he felt at every stage of the journey—he dispels popular myths regarding the nature of prostate

cancer and surgery. This is invaluable information that one will not find online or in most books written on the subject.

In particular, Rick touches upon the taboo subject of sexuality, discussing specific ways the surgery affected his ability to perform 'in bed.' This is a chapter of utmost importance: here the author carefully chronicles the crippling emotions that accompanied his temporary impotence; and compares his experience with other post-surgery cases. He also provides fellow prostate patients dealing with this problem a list of possible solutions, ways to cope, and steps to take in order to regain one's sexual abilities. Since erectile dysfunction dramatically changes the way couples achieve intimacy, this chapter is especially useful for those who are in a romantic relationship.

Rick writes in a friendly, succinct, journalistic style. This makes the book extremely easy to read. Similarly, Brenda's prose is very clear. Rick's humorous and precise account, coupled with Brenda's spiritually insightful interpretation of this experience (in the concluding chapters), creates an organized and compelling chronicle. Despite the comprehensive nature of the book—as the couple covers a broad array of issues, studies, spiritual perspectives, financial considerations, and medical facts associated with the disease—the authors manage to present their testimony in a coherent and entertaining linear storyline.

Travelers would not want to venture into a dangerous foreign country without the appropriate maps and guidebooks (written by experts who have experienced and studied this region of the world). In the same way, couples dealing with prostate cancer do not want to go on this difficult journey without Rick and Brenda's book. *I Left My Prostate in San Francisco—Where's Yours?* is a work of great medical value told from the personal perspective of two people who fought the disease head-on (with intelligence and passion); and who, remarkably, came out of the experience as better people. This book is a must read for individuals, or couples, facing prostate cancer.

Christopher Ackerman

For Independent Professional Book Reviewers

www.bookreviewers.org

Richie 57 year old man with prostate cancer

I think this book is awesome! I'm going to let each of my family members read it so they can understand what it's like to go through this challenge. I think your book will be very helpful to others before they go for the surgery. I did like how you shared your issues that you had to deal with and how you handled them. I wish I had your book before surgery. I think I still would have gone for surgery but at least I would have been better informed than I was from my Doctor. So to sum it up, I think you did a great job. Your thoughts and questions after each chapter was a great idea too, as well as your wife's input.

Review By: CBM Christian Book Reviews

Review Date Febuary 7th 2013

10.0 starts out of 10.0 stars

I Left My Prostate in San Francisco-Where's Yours? by Rick Redner and Brenda Redner, is written to shed light on the battle with prostate cancer, pre and post surgery. As noted by the author and according to the American Cancer Society 241,740 men were to be diagnosed with prostate cancer in the year 2012. This is a staggering statistic and many suffer alone. This book is specifically written to assist those diagnosed with prostate cancer and to assist them through this difficult journey. It has once been said that, "Experience is the best teacher." In that spirit, Rick and Brenda Redner, break their silence and give insight on how to cope with the emotional, relational, physical, sexual and spiritual aspects of dealing with prostate surgery. Fighting the battle of cancer, surgery and recovery is not an easy road, one that is best fought with the help of many others. To say that this book is very informative is actually an understatement because this book has volumes of information. With honesty and compassion, the authors' write of Rick's experience as he went in for a routine examine and a refill for a prescription, only to find out he had a mysterious lump on his prostate. This is where his journey with prostate cancer began that forever changed his life. He shares his emotions, thoughts and actions in a sometimes humorous candor, but does so with wisdom for others in hopes that the chain of isolation that many men feel when they are given this diagnosis is broken to allow for informed decisions that will lead to the path of healing. The book competently addresses the many issues, questions and concerns that one encounters once the diagnosis of cancer is given. What is unique about this true encounter by the Redner's is that they give three different perspectives on the matter: the first is from their own experience with prostate cancer, the second perspective is their professional training and thirdly, their faith based biblical viewpoint is given. Each of these three perspectives gives the reader a vantage point from someone who has traversed through the journey first hand. For anyone that has ever faced the possibility of surgery or is battling prostate cancer this is a highly recommended read that covers many questions one might have and provides one with information to make informed decisions.

To find our more about Rick Redner, Brenda Redner, and the book *I left My Prostate in San Francisco-Where's Yours?* visit [Where Is Your Prostate](#). You may also get your copy of [I Left My Prostate in San Francisco-Where's Yours at Amazon](#), [Barnes and Nobles](#) and also in [Kindle Edition](#).

Loren- three weeks post prostate surgery

Your stories set my gut healing back 2 weeks. I laughed so much. You made my day!

Brian Ralston, Assistant Pastor

I respect your courage at sharing on this topic. I think that it's vital in so many ways. This type of cancer and surgery has a direct impact on a man and woman's sex life and, thus, is a ticking time bomb within his marriage if not addressed. Many men will go passive as a response to this situation, which will cause massive damage to his marriage and hurt his wife deeply. Your approach is very good, as are your specific suggestions.

On Goodreads

Ed rated it five stars

This book is a very frank discussion and an in-depth exploration of the issues facing men with prostate cancer. The author's willingness to share intimate details of his personal journey with prostate cancer will help the rest of us avoid some of the pitfalls that he encountered. I would recommend this book to any man facing an elevated PSA. It would also be helpful to the partner of any man with such a diagnosis.

Reviewed by Anne BolinRevig for Readers' Favorite 5 out of 5 stars

At the writing of the book "I Left My Prostate in San Francisco- Where Is Yours?: Coping with the Emotional, Relational, Sexual, and Spiritual Aspects of Prostate Cancer" by Rick Redner and Brenda Redner, the American Cancer Society reported that 241,740 men would be diagnosed with prostate cancer in the US. Yet men do not want to discuss prostate cancer. Courageously, Rick and Brenda Redner share their knowledge, experiences and feelings with readers in the hope that they can help someone else facing the same situation. On December 10, 2011, Rick Redner received a phone call from his Urologist with the results of his biopsy---positive. Rick had prostate cancer and it was considered moderately aggressive. He pictured tiny monster cells in his body chewing their way through his prostate. He was frightened; his mind was filled with questions and he was filling in his own answers without being informed. "I Left My Heart in San Francisco" takes the reader on a treacherous journey from the moment the Urologist found the lump. Too often doctors gloss over the side effects of treatments. Rick and Brenda share in an honest and open manner. This book demonstrates that prostate cancer affects the whole family, not just the patient and not just physically but emotionally and spiritually.

I had never received a book dealing with prostate cancer until last week, but then I received three books on the subject. They came in at a time when I needed them. My husband had just received the news that his PSA level was 9.5. We both knew what

that could mean and naturally it frightened us both. I'd like to thank the Redners for writing this book. The Redners write in a simple, easy to read manner. The information within these pages is invaluable. There is information concerning biopsies, surgery, leakage, erectile problems and diapers. They also discuss the depression a male faces after surgery. This book should be in every library and should be recommended by all urologists. This book is not just for men but for wives also. Again I thank the authors for their openness.

Reviewed by Maria Beltran for Readers' Favorite

Rating: 4 OUT OF 5 STARS

Rick Redner suddenly finds himself diagnosed with prostate cancer and his world turns upside down. He grapples with the situation and starts to imagine the worst case scenario. With his family's support and finally deciding to undergo a robotic surgery, he embarks on a journey that is life changing. The result is the book *I Left My Prostate in San Francisco, Where's Yours?*. Written together with his wife Brenda, who is a nurse, it consists of 42 chapters and covers just about everything you need to know about coping with the disease. Chapters one to thirty eight is written by Rick while the rest of the book is penned by Brenda. From the first chapter entitled *The Journey Begins* to *Brenda's Final Thoughts*, they share their roller coaster ride in dealing with prostate cancer.

Authors Rick and Brenda Redner writes in an amazingly candid manner on a subject as delicate as prostate cancer. Since this disease affects one's rational, spiritual, emotional, psychological, social and sexual life, not a lot of people are comfortable in discussing the topic. When at the age of 58, Rick was diagnosed with prostate cancer, the couple goes through the highs and lows in coping with it. This is a disease where the patient is presented with many treatment options and choosing one over the other is already a big challenge. In simple words and without sounding preachy, they are able to give their message across.

This book aims to help men and their families deal with prostate cancer and it does just that. It is an amazingly candid book that should be read by men with prostate cancer. It is also a must read for their partners and other family members. After reading the last page, I really feel that Rick and Brenda Redner are truly my friends who share with me their experience in coping with this disease

COMPULSION READS BOOK REVIEW

COMPULSION READS BOOK RATING: 4 OUT OF 5 STARS

Rick just wanted a refill of his prescription when his doctor insisted on doing a quick prostate check, irrevocably changing Rick's life. After his doctor felt a lump, he sent out blood work to confirm his suspicions. A few days later, after a grueling wait, Rick was informed that he had prostate cancer.

He was now faced with a barrage of tests and decisions to make from his treatment plan to informing his family and everything in between. Rick provides the reader with a very honest description of his challenges as he opted to have his prostate removed. His book explores topics from intimacy, religion and his deeply personal struggles with recovery.

I Left My Prostate in San Francisco- Where's Yours? is a great book for men who are battling prostate cancer or people who know someone who has been diagnosed. Mr. Redner describes in detail the many ups and downs that come with recovering after having your prostate removed.

Each chapter is concluded with questions to discuss with your family or caregiver to help keep you moving down the healing path. I appreciated the humor throughout the book. I can see how dealing with issues of masculinity and dignity could wear on one's soul, but Redner uses his honesty and humor to push forward. His pearls of wisdom will be very helpful as readers find themselves in similar situations.

Overall I would highly recommend this book to anyone who knows anyone who has had their prostate removed or has prostate cancer. You will quickly learn the stress they are going through and how you can be supportive and helpful as they deal with this disease.

Facing a prostate cancer diagnosis was tough enough for Rick Redner, who had only visited the doctor to refill a prescription. After robotic surgery, Rick and his wife Brenda found their lives changed in unexpected ways that put their marriage to the test.

Personal stories are a favorite of mine. I also like it when they have meat and don't just gloss over the details. I Left My Prostate in San Francisco. Where's Yours? by Rick and Brenda Redner definitely fits that bill. Primarily told from Rick's point of view, the Redners share the journey through Rick's diagnosis, treatment options, surgery, and the post-surgery changes that created challenges for both of them.

With humor and candor, Rick tackles difficult to discuss topics such as living with a catheter, urinary incontinence, depression, erectile dysfunction, and penile rehab. In addition, there are informative chapters about how to share the news with others and how to cope with their reactions, what to expect during the process, why he

opted for surgery, insurance questions, dealing with lack of sleep, returning to work, and more.

From Brenda's point of view, she discusses her fear over losing her husband to cancer, the power of prayer, grief and loss over the life they once had, coping with the change in her husband's personality, and the impact Rick's surgery had on their sex life.

This is truly a powerful book because it shares so many aspects of coping with prostate cancer, surgery, and post-surgery issues that might be embarrassing to discuss. It is a straight-shooting story, but it also encourages and inspires. Each chapter ends with a series of helpful questions, meant to be discussed with your spouse, your doctors, or others. In less than 300 pages, the Redners provide a strong foundation for couples facing a prostate cancer diagnosis.

Review from the Book Connection 4 OUT OF 5 Stars

<http://thebookconnectionccm.blogspot.com/2013/03/book-review-i-left-my-prostate-in-san.html>

Facing a prostate cancer diagnosis was tough enough for Rick Redner, who had only visited the doctor to refill a prescription. After robotic surgery, Rick and his wife Brenda found their lives changed in unexpected ways that put their marriage to the test.

Personal stories are a favorite of mine. I also like it when they have meat and don't just gloss over the details. *I Left My Prostate in San Francisco. Where's Yours?* by Rick and Brenda Redner definitely fits that bill. Primarily told from Rick's point of view, the Redners share the journey through Rick's diagnosis, treatment options, surgery, and the post-surgery changes that created challenges for both of them.

With humor and candor, Rick tackles difficult to discuss topics such as living with a catheter, urinary incontinence, depression, erectile dysfunction, and penile rehab. In addition, there are informative chapters about how to share the news with others and how to cope with their reactions, what to expect during the process, why he opted for surgery, insurance questions, dealing with lack of sleep, returning to work, and more.

From Brenda's point of view, she discusses her fear over losing her husband to cancer, the power of prayer, grief and loss over the life they once had, coping with the change in her husband's personality, and the impact Rick's surgery had on their sex life.

This is truly a powerful book because it shares so many aspects of coping with prostate cancer, surgery, and post-surgery issues that might be embarrassing to discuss. It is a straight-shooting story, but it also encourages and inspires. Each chapter ends with a series of helpful questions, meant to be discussed with your spouse, your doctors, or others. In less than 300 pages, the Redners provide a strong foundation for couples facing a prostate cancer diagnosis.