

**“Cancer sufferers and their loved ones will find here a well-informed and reassuring road-map for the difficult journey ahead. A clear-eyed, warmhearted and extraordinarily useful guide.”—Kirkus Review**

## ***I Left My Prostate in San Francisco-Where's Yours?* Coping with the Emotional, Relational, Sexual, and Spiritual Aspects Of Prostate Cancer**

**MODESTO, California (May 31, 2013)** —In the award-winning book, *I Left My Prostate in San Francisco-Where's Yours?*, husband and wife team, Rick and Brenda Redner, tackle the subject of prostate cancer with faith, humor and wisdom with a goal of saving lives and marriages.

At age 58, author Rick Redner went to a routine exam in order to obtain a prescription refill. His life was turned upside down when his urologist discovered a suspicious lump on his prostate. This was the beginning of his journey with prostate cancer. Rick chose Robotic Surgery to treat his cancer. “Prostate surgery permanently alters your identity, your sexuality, your relationship and outlook on life,” says Rick. “Since many of these issues are intensely private, most men and couples struggle alone.”

In order to help others on their journey from diagnosis to adjusting to their new life post surgery, Rick & Brenda made a very difficult decision to share their intimate emotional, relational, sexual, and spiritual struggles. Brenda writes, “As Rick lay next to me that night, I tried not to think about my husband in diapers. I realized nothing would be the same again.” Their willingness to share their journey, their mistakes, victories, insights, humor, and faith, will help other couples facing prostate cancer.

Rick and Brenda provide their readers with vitally important information such as:

- 🕒 Things you need to know before and after prostate surgery.
- 🕒 How surgery will permanently change your sexuality.
- 🕒 How a simple mistake could cost you thousands of dollars in out-of-pocket medical expenses.
- 🕒 Tips on breaking the news to friends and family and what to expect when you do.
- 🕒 How erectile dysfunction and losing urinary control will affect you and your partner.
- 🕒 Why you could experience a severe depression after receiving the news you’ve been cured of cancer.
- 🕒 How faith and prayer impacts the disruptive moments in life.
- 🕒 What attitudes, thoughts, emotions, and behaviors will lift your spirit and repair broken relationships.

Rick & Brenda know how important it is to hear from other people further along the journey of adjusting to life without a prostate. They want to end the isolation couples experience before or after prostate surgery.

To accomplish their goal, they host pre-surgery (<http://presurgery.freeforums.net/>) and post-surgery (<http://postsurgery.freeforums.net/>) forums where men and women can connect with Rick & Brenda as well as with others who join these forums to share information and provide ongoing support.

**Rick Redner** received his Master’s Degree in Social Work from Michigan State University. After spending several years as a Medical Social Worker he decided to become an entrepreneur, owning and operating two sandwich shops for the past 30 years.

**Brenda Redner** obtained her RN/BSN at Michigan State University. She has experience as an Oncology Nurse, Psychiatric Nurse and teacher. She went on to teach their four children at home.

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

***Coping with the Emotional, Relational, Sexual, and Spiritual Aspects of Prostate Cancer***

Rick and Brenda Redner

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***I Left My Prostate in San Francisco—Where's Yours?*** is available at [Amazon.com](http://Amazon.com),

[BarnesandNoble.com](http://BarnesandNoble.com), [iTunes](http://iTunes), and through other online booksellers. A preview of the book can be found at <http://tinyurl.com/cu949m9>

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