

PRESS RELEASE

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September is Prostate Cancer Awareness Month

New Book Offers Hope, Guidance to Men Facing Prostate Cancer

Leading expert Dr. Jeff Albaugh helps men cope with the challenges of a prostate cancer diagnosis and lets his patients share their stories in the new edition of [Reclaiming Sex & Intimacy After Prostate Cancer, A Guide for Men and Their Partners, 2nd Edition](#).

PITMAN, NJ – Helping patients and their partners cope with prostate cancer has been a lifelong focus for Jeff Albaugh, PhD, APRN, CUCNS, and the designation of September as Prostate Cancer Awareness Month reinforces his goal to provide as much hope and education as possible.

In the second edition of his book, [Reclaiming Sex & Intimacy After Prostate Cancer, A Guide for Men and Their Partners](#), Albaugh lets readers learn through the experiences, stories, and shared wisdom of prostate cancer patients and their partners. He reinforces the belief that sexual dysfunction doesn't have to be synonymous with prostate cancer and that intimacy and relationship success are possible.

Albaugh, who is Director of Sexual Health, NorthShore University HealthSystem, also presents the physical, emotional, and medical issues surrounding prostate cancer, providing clear, easy-to-understand information and updated details on the disease and its treatments. Most of all, Albaugh seeks to allay fears through knowledge and understanding.

“You probably never thought you would be reading this book,” he writes in his introduction. “You may fear you will never have sex again. You may feel guilty for worrying about sex after your prostate cancer diagnosis. Yet, the thoughts and emotions you are feeling are very normal, and there is hope.”

And hope he gives, as he leads patients and partners through ways to establish

intimacy through deeper communication and understanding. He also includes patient and partner reviews on updated treatment options – invaluable information for newly diagnosed patients who may be struggling with which treatment to choose.

In addition to the personal stories and advice in the book, Albaugh presents information that supports nurses and other health care providers. Chapters in the book include detailed information on prostatectomy, radiation, and hormone therapies; as well as urinary incontinence, adjusting to physical changes, and the mind as sex organ.

“Dr. Albaugh has changed the landscape by teaching doctors and patients that sexual health after prostate cancer is something that should be discussed at the same time as the cancer treatment plan,” writes Brian Helfand, MD, PhD, Chief, Division of Urology, at NorthShore University HealthSystem in Evanston, IL, in the book’s foreword. “All men and their partners should read this book.”

Ordering Information

Reclaiming Sex & Intimacy After Prostate Cancer, A Guide for Men and Their Partners, 2nd Edition, can be purchased online at www.drjeffalbaugh.com or on Amazon by clicking [here](#).

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