

HEALTH TIDBITS
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GREETINGS EVERYONE!

Last month the main topic of the newsletter was on Breast Cancer awareness. This month, I want to put the main focus on Prostate Health and will excerpt some information from Men's Health Magazine along with some other timely articles.

Oh – by the way – the November issue of Men's Health has a poster in the back featuring my son Max. It's really neat.

Back to the topic at hand:

PROSTATE HEALTH:

In the past most health care professionals viewed prostate cancer as another unavoidable side effect of aging. That is no longer true. More and more, younger men are experiencing higher prostate cancer risk.

- 30 year olds have a 30% chance of carrying a trace of cancer
- 40 year olds have a 40% chance, etc.

It usually progresses so slowly that most men die of something else first.

Doctors would like all men over 50 to have a PSA test to help detect cancer risk. PSA a protein manufactured in the prostate is measured with a simple blood test. Men with prostate cancer, have higher levels of PSA, because it rises in response to any type of trauma. A PSA count over 4.0 (as measured in nanograms per milliliter) raises a red flag, although a recent study suggests that a bigger threat is a PSA that rises quickly. If the PSA score looks alarmingly

elevated, an urologist will usually suggest a biopsy of the gland.

But...a PSA of 4.0 or above does not mean that there still isn't a cancer growing. A study published in the New England Journal of Medicine found evidence of cancer in 15% of men with PSAs below 4.0. In this case, the magic number for disease detection would be 2.5. So the lesson here is not to use a single PSA result to trigger a biopsy. However, how fast a PSA level rises from an initial result of 4.0 or higher may be a clue to cancer. At any rate, just as women need to have checks for breast lumps/cancer, so should men pay attention to prostate health and even consider getting a PSA test at age 35.

WHAT IS YOUR RISK?

This self test was published in the Men's Health article. It was formulated by the Prostate Cancer Research Foundation of Canada. It analyzes all the relevant risk factors (and reducers) and then gives you a score. Take the test; it can ID a prostate in peril.

1. How old are you?
 - a. under age 40(-5 pts)
 - b. 40-50(0 pts)
 - c. 50-59 (+6pts)
 - d. 60-70 (+8pts)
 - e. over 70 (+10pts)
2. What's your body mass index (BMI)? Calculate your BMI at MensHealth.com/BMI
 - a. 24.9 (0pts)
 - b. 25-29.9 (+3pts)
 - c. Higher than 29.9 (+6 pts)
3. What's your ethnicity?
 - a. Asian/Pacific islander (opts)
 - b. White non-latino(+5pts)
 - c. White latino(+3pts)
 - d. Black (+8pts)
 - e. Other (0pts)
4. Where did you spend most of your life until age 21?
 - a. North America (+8 pts)
 - b. Northern Europe or western Europe (+8 pts)

- c. Southern or eastern Europe (+2points)
 d. Asia/Pacific islands (-5pts)
 e. Other(10pts)
5. Has your father or a brother been diagnosed with prostate cancer?
 a. No (0 pts)
 b. Father(+6pts)
 c. Brother (+8pts)
 d. Father and brother (+12pts)
6. How old was the family member who was diagnosed youngest?
 a. Age 49 or younger (+8pts)
 b. 50-59 (+6pts)
 c. 60-69(+3pts)
 d. 70 or older (0 pts)
7. Do you regularly take nonsteroidal anti-inflammatory drugs, such as aspirin or ibuprofen?
 a. Yes (-1pt)
 b. No (0pts)
8. How often do you exercise?(Twenty minutes of weight lifting or cardio work equals one session)
 a. 1-3 sessions per week (+2pts)
 b. 4-6 session per week (0 pts)
 c. 7 or more sessions per week (-2pts)
9. How often do you eat foods high in saturated fats, such as fatty red meat, dairy products, and processed meats?
 a. once a week or less (0pts)
 b. 2-3 times a week (+1 pts)
 c. 4-5 times a week (+3 pts)
 d. 6-10 times a week (+5 pts)
10. How often do you eat foods loaded with lycopene (grapefruit, mango, papaya, watermelon, and tomato products?)
 a. once a week or less (0pts)
 b. 2-3 times a week (-1 pt)
 c. 4-5 times a week (-2pts)
 d. 6-10 times a week(-3 pts)
11. How often do you eat foods rich in cancer fighting phytochemicals (soy, broccoli, and brussel sprouts?)
 a. once a week or less (0 pts)
 b. 2-3 times a week (-1pt)
 c. 4-5 times a week (-2pt)
 d. 6-10 times a week (-3 pts)
12. How often do you eat foods rich in omega-3 fatty acids (tuna, salmon, sardines, walnuts, flaxseed or take an omega supplement)
 a. once a week (0pt)
 b. 2-3 times a week (-1 pt)
 c. 3-4 times a week (-2pts)
 d. 6-10 times a week (-3 pts)
13. Does your diet include foods high in zinc? (whole grains, poultry, fish, soy, lentils, and beans)
 a. yes (-1pt)
 b. no (0 pts)
14. Does your diet include foods high in selenium? (mushrooms, cod, shrimp and tuna)
 a. yes (-3 pt)
 b. no (o pt)
15. Does your diet include calcium rich foods (milk, cheese, yogurt, dark green leafy vegetables)
 a. Yes (+2 pts)
 b. No (0 pts)
16. Does your diet include foods high in vitamin D (fish oils, shrimp)
 a. Yes (-1 pt)
 b. No (0 pt)
17. Does your diet include foods high in vitamin E? (peanut butter, almonds, sunflower seeds)
 a. yes (-2 pts)
 b. No (0pts)
18. Have you ever worked in an industry in which you might have been exposed to pesticides, herbicides, PCB, lead or asbestos?
 a. Yes (+1 pt)
 b. No (0 pt)

SCORE YOUR TEST

- 0-10 points – Low Risk. The odds of cancer infiltrating your well-guarded gland are enviably low. But don't become complacent or drop your defenses. This disease will wait a lifetime for an opening.
- 11-20 points – Low to Moderate Risk. Good, but there is still room

for an upset. Improve your scores in your weak areas.

- 21-34 points – **Moderate to high risk**
- 35 or more points – **HIGH RISK – You are a prostate cancer magnet.** If you are 40 years or older, you should be having annual DREs and PSA tests!

GOOD NEWS! At least most guys are going to think so:

Studies show that men who ejaculate frequently between the ages of 20-50 were at markedly lower risk of developing prostate cancer. Even more provocatively, men in their 20's who ejaculated at least five times a week were **1/3 less likely to develop aggressive prostate cancer during their mature years!** So no more teasing about chronic masturbation.

HERBS FOR HEALTHY PROSTATE:

I am writing a brief description here, but understand that these herbs do more for the prostate than is listed here generally. For more information, you need to call me.

- **Saw Palmetto:** has shown remarkable results in the treatment of benign prostatic hyperplasia. It alleviates the pain and inflammation, improves urine flow rate and urine volume.
- **Pygeum:** anti inflammatory for prostate gland – diminishes symptoms such as nighttime urination, urinary frequency, and residual urine volume, and swelling.
- **Stinging Nettle:** reduces inflammation by blocking production of inflammatory prostaglandins. Inhibits the effects of testosterone in the prostate gland.
- **Gotu Kola:** acts as glandular tonic and diuretic, thins the blood,

reduces inflammation and enhances circulation.

- **Zinc:** required by the prostate gland in roughly 10x's the amount of any other organ in the body. It helps defeat the body's production of DHT—the hormone responsible for promoting prostate cell growth.
- **Cornsilk:** one of the best remedies for bladder, kidney and prostate problems. Extremely soothing for burning or painful urination and helps difficulty in beginning urination which is common in prostate disorders.
- **Arginine:** facilitates blood flow to the penis – studies show an 87% improvement in erectile function in 6 out of 15 participants, all of whom were under 65 years of age.
- **Muirapuama (also known as potency wood)** – is considered one of the best herbs to use for cases of erectile dysfunction and decreased libido. Participants report “dynamic results” who have previously suffered lack of sex drive and couldn't maintain erection.
- **Yohimbe bark:** provides energy, a feeling of increased strength, increased sexual arousal. Enhances libido and erectile strength. Effective in 34-43% of erectile impotence. Appears to work as a sexual catalyst for men.

There are other herbs as well and some of the above come in combination formulas for better affect. Don't be afraid to call me with questions. Having prostate problems can be a serious problem both physically and emotionally.

BONES, BONES AND MORE BONES

And so...I've gone through these phases (in the past) where I would chuck my weight workouts in favor or

intense biking for weeks at a time. After all, variety is the spice of life. But apparently not if you want to keep building bones.

Research is showing that if you maintain your fitness level solely through non-impact sports, like swimming, cycling – you could be at risk for waking up at age 50 with bone of a person 20 years older.

Scientists have long known that low impact exercise fail to trigger the body build bone and what is worse – bone sustaining calcium is leached from the body during sweat. Besides the fluids and sodium we lose while hammering the pavement, pumping iron, or playing basketball, an additional 120 mgs or so of calcium is seated out during every hour spent exercising. And, unless you replace that missing calcium with the right foods, it ain't coming back.

If you stop applying force to your frame by focusing on low impact sports, you'll build muscle, but your body may assume that it can slow down bone maintenance.

Load bearing exercises will stop your bones from weakening and could help multiply bone cells as much as 2% a year. Yes, Yoga can be considered a load bearing exercise if you are doing poses which put force on the body and not just those enhancing flexibility.

All humans (even men – chuckle) need to supplement their diets with calcium and the amount varies dependent on diet and lifestyle – but a minimum of 1200 mgs a day is plenty for a recreational athlete. You can meet your needs through milk, daily products, calcium fortified orange juice and tofu or a good calcium supplement.

Nature's Sunshine Calcium with vitamin D is mixed correctly – 2:1:1 with phosphorous and magnesium. Taking it at bedtime helps you sleep much deeper and the magnesium is a terrific muscle relaxant.

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FITNESS AFTER 40

By now most of you are aware of the new parameters set by the American College of Sports Medicine to maintain fitness levels. It is further complicated by aging because aging brings about physiological changes that make it tougher to stay fit – which means...we need to work out harder (either intensity or duration) as we age. UGH!!! Most of you say, especially those of you who absolutely hate to exercise. But what is the alternative????

Without exercise the body's basal metabolism is going to slow down and it is even further impacted when you lose muscle mass. For example, starting at age 20, a woman's metabolism declines at a rate of 5% every decade. Also, beginning in her 20's a non-exercising woman will lose an average of 5lbs of muscle mass – which raises metabolism—each decade until menopause – at which time, she will start losing 7 lbs of muscle mass per decade. **For every lb of muscle lost, you lose the capacity to burn 35 to 50 calories per day just by sitting.**

Those are just a couple of physiological changes that are impacted by aging and even more so by lack of exercise.

Come on guys and gals – Motivate yourselves into moving. Walking can't accomplish what weight training will do so much better. PREVENTION, PREVENTION, PREVENTION – is what it's all about!

I am currently the fitness trainer for an 80 year old woman. Started with her six weeks ago. She was lethargic and in pain and her body was almost frozen because of not moving her joints. She is now doing 50 squats and walking ½ mile 4 days a week. We do lots of other stuff as well and she is using 5 lb weights for her upper body and arms. This should inspire those of you who are so much younger. (Oh yes – she has lost 20 lbs).

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Giant Hugs, Candy