



Dr. David Brownstein's

NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

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The Essential Guide for Good Prostate Health

Most of the time, men are completely unaware of their prostate gland, a small organ that is vital to male sexual health. Unfortunately, while largely unnoticed, the prostate can be the site of major health concerns for men. It can become enlarged, inhibiting the flow of urine; it can become infected and inflamed, causing fever and discomfort; and, finally, the prostate can become cancerous — which can kill.

In fact, next to skin cancer, prostate cancer is the most common type of cancer among American men. The National Cancer Institute estimates that in 2011, some 217,740 new cases of prostate cancer will be diagnosed, and there will be 32,690 deaths from it. Still, it receives less attention — and less funding — than many other types of cancer.

This month's newsletter will take a look at three prevalent prostate conditions — enlarged prostate, infection of the prostate (prostatitis), and prostate cancer — and discuss what can be done to prevent and treat them.

Enlarged Prostate Pressures the Bladder

The prostate is a walnut-sized gland in the male reproductive system located just beneath the bladder. Its function is to store and secrete fluid which nourishes and maintains the appropriate acidity for semen.

One of the most common problems that can develop with the prostate, which affects many men over the age of 50, is called benign prostatic hyperplasia (BPH). In fact, the older men become, the more BPH seems to affect them.

Put simply, BPH refers to an increase in the size of the prostate due to an increase in the number of cells in the gland. The prostate gland surrounds the urethra, which is the tube that leads from the bladder to the genitals for urination. When sufficiently enlarged, the prostate presses against the bladder and compresses the urethra, impeding the flow of urine through the urethral canal.

BPH is not cancerous, but it can cause a great deal of discomfort for men who suffer from the condition. When an enlarged prostate gland impedes the flow of urine, men will often complain of having a weak urinary stream or a difficult time emptying the bladder. Furthermore, men with BPH frequently feel an urge to urinate due to the enlarged prostate pressing against their bladder.

If the bladder does not empty completely with urination, bladder infections and kidney damage can occur. Although BPH is not treated as a life-threatening condition, the symptoms can be severe.

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Essential Guide To Good Prostate Health Brownstein

Charlotte Libov



Essential Guide To Good Prostate Health Brownstein:

Whispering the Techniques of Language: An Psychological Journey through **Essential Guide To Good Prostate Health Brownstein**

In a digitally-driven earth where displays reign great and instant transmission drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases frequently go unheard. However, situated within the pages of **Essential Guide To Good Prostate Health Brownstein** a charming literary treasure sporting with raw feelings, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, this wonderful opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the emotional depths with this touching review, we can embark upon a honest exploration of the book is key subjects, dissect their captivating writing design, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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