



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 fevers 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 217,730 new cases of prostate cancer will be diagnosed, and there will be 32,050 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 hypertrophy (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

Christian G. Meyer



Essential Guide To Good Prostate Health Brownstein:

The Enigmatic Realm of **Essential Guide To Good Prostate Health Brownstein**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Essential Guide To Good Prostate Health Brownstein** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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