



Dr. David Brownstein's
NATURAL WAY TO HEALTH
Achieving & Maintaining Your Optimal Health

July 2011
Vol. 4, Issue 7

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 For Good Prostate Health

Clifford Lane



Essential Guide For Good Prostate Health:

Mayo Clinic Essential Guide to Prostate Health Mayo Clinic, 2020-10-01 Important information for men from one of the most reliable respected health resources that Americans have Publishers Weekly Many prostate problems even cancer can now be easily treated thanks to medical advances and important new discoveries at Mayo Clinic and other leading medical centers This book is based on advice Mayo Clinic doctors share every day in caring for their patients Included is information on When to get a prostate checkup and what to expect The Mayo Clinic s latest recommendations on prostate specific antigen PSA testing with detailed information on normal PSA levels by age How doctors diagnose and treat an enlarged prostate including new information on the two types of drugs currently used to significantly reduce symptoms New guidance on managing incontinence and impotence two common side effects of prostate treatment Current medical options for treating advanced prostate cancer New advances that mean better prostate cancer survival rates What to expect after prostate surgery including information on recovery time and getting on with life Medical assessments of popular alternative therapies and more Mayo Clinic Essential Guide to Prostate Health is an easy to read yet comprehensive guide to understanding treating and living with prostate disease It s just the kind of thorough book you would expect from a world leader in medicine Mayo Clinic

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Public Pasquale De Marco,2025-07-17 In a world where health and well being are paramount this comprehensive guide empowers individuals to take charge of their health journey Written in a clear and engaging style this book delves into the intricacies of the human body unveiling the interconnectedness of systems organs and cells that orchestrate our existence Readers will embark on a journey of discovery gaining profound insights into the importance of nutrition exercise mental health preventive care and healthy lifestyle choices This book transcends the boundaries of physical health recognizing the profound impact of mental and emotional well being on our overall health It explores the mind body connection highlighting the bidirectional relationship between our thoughts emotions and physical health Strategies for managing stress anxiety and depression are provided along with guidance on building resilience and emotional well being Recognizing that health concerns vary across different populations this book dedicates chapters to women s health men s health children s health and the challenges of healthy aging It addresses common health issues preventive measures and specific considerations for each demographic group empowering individuals with the knowledge and tools to navigate their unique health journeys Aging is an inevitable part of life but it doesn t have to be synonymous with decline This book provides practical advice on maintaining independence mobility and cognitive function as we age It emphasizes the importance of nutrition exercise and social engagement in promoting healthy aging and reducing the risk of chronic diseases Empowering individuals with knowledge is the cornerstone of achieving and maintaining optimal health This book is an invaluable resource for anyone seeking to embark on a journey of self care and well being It is a roadmap to a healthier happier and more fulfilling life guiding readers towards a state of holistic well being If you like this book write a review

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book is an essential guide for men who are ready to take charge of their health happiness and vitality It is a call to action a clarion call for men to rise to the challenge of midlife and emerge stronger wiser and more fulfilled If you like this book write a review [Sunset to Sunrise: A Guide to a Fulfilling Retirement](#) M.N. Ashraf,2025-05-02 What do you do when the applause fades the work emails stop and silence sets in After 44 years of a vibrant purpose driven career M N Ashraf stepped into retirement with dreams of peace but quickly found himself facing a deep and unexpected void What followed was a journey through sleepless nights emotional uncertainty and a profound questioning of identity worth and direction This book was born from that journey A Hand Book on Retirement is more than just advice it s a deeply personal exploration of what it truly means to retire With warmth wisdom and raw honesty Ashraf speaks directly to those who are approaching experiencing or grappling with the aftermath of retirement He gently guides you through the emotional fog that often comes with this life shift while also offering practical strategies to help you rebuild purpose structure and joy Ever wondered why retirement feels more unsettling than relaxing Are you silently battling boredom loneliness or a loss of identity Do you want to prepare not just financially but emotionally and spiritually for this phase of life This book holds the answers And perhaps even more importantly it holds the questions you didn t realize you needed to ask Inside you ll find Real stories not theories Insights from global cultures and spiritual traditions A blend of practical planning and soulful reflection Tools to rebuild confidence connection and inner peace Honest talk about aging health finances family and legacy Whether you re 55 or 75 retired or about to be Sunset to Sunrise is your companion through this powerful chapter of life It doesn t promise a perfect retirement it promises an authentic meaningful and beautifully human one Your story isn t ending A new one is just beginning Are you ready to write it Reflections from the Author Retirement is not the fading of life s light it is the golden hour when we finally slow down to enjoy what truly matters our faith our family our health our time and above all the joy of giving back In these precious years we are gifted with a new role not just as retirees but as mentors storytellers grandparents and torchbearers of values Our wisdom becomes a guide our silence a comfort our presence a gift To my fellow retirees you may no longer wear a uniform or clock into an office but you now wear something far more meaningful the legacy of your life Wear it with pride live it with grace To our beloved grandchildren and younger generations remember the retired ones around you are not simply resting they are rooted In their company lie the answers to many of life s questions Sit with them listen laugh learn and carry forward their light And to the readers of this book I say with love and sincerity The sun has set on your working years but a new sunrise awaits filled with purpose peace and the power to inspire those who come after you May your retirement be not an ending but a beautiful beginning With humble gratitude M N Ashraf **Fit at Forty: The Ultimate Guide to Men's Fitness** Michael Lawrence Taylor,2024-01-15 Unlock a new chapter of vitality and well being with Fit at Forty The Ultimate Guide to Men s Fitness In this comprehensive guide Michael L Taylor draws on over 30 years of fitness experience to provide actionable insights tailored for men over 40 Discover the secrets to transforming

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