

The Dr Lewis' Health talks

Tonight - Men's health



Men's Health

Not just what the doctors can do

What we can do

- To Prevent
- Treat and survive today's diseases

Simply, easily and
with minimal disruption and stress



Men die earlier than women
Many men die young – in their prime
Older women outnumber older men



WHY ?

Women are much more health conscious than men!



Breast screening programmes

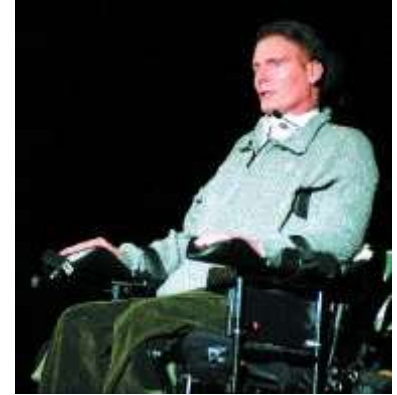
Mammography

Cervical screening

Regular visits to the doctor

Women are more interested in eating healthily (diet)

Men feel we are like superman:
“We are invulnerable”



Until we meet some kryptonite

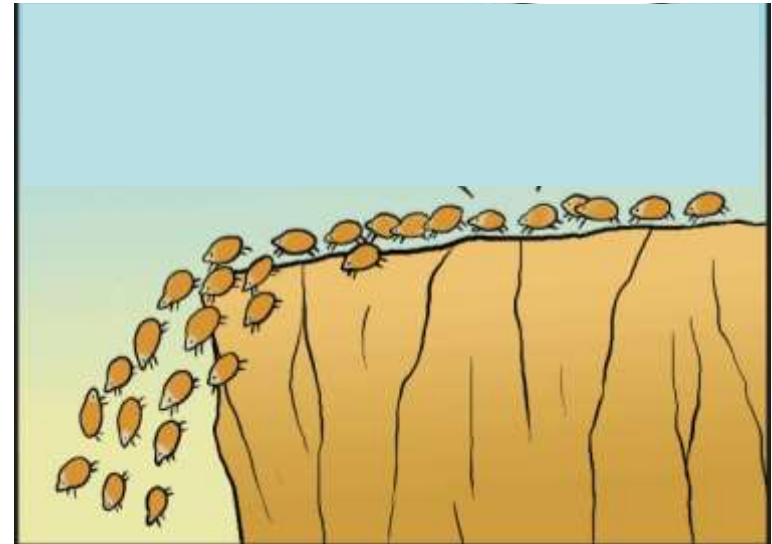
Men tend to feel the same about disease and health
“It won’t happen to me”

But it does:

In health men are more like ostriches and lemmings



What we don't see or feel will not hurt us



Follow the crowd – in health don't stand out



- We wait till it hurts or doesn't work.
- Then we try to fix it ourselves
- Finally go to the doctor – who tries to scare us into doing what he/she suggests.
- We may take pills – but not very well



In health men need to start thinking early in life if we want to live longer and happily

The leading causes of death in men: (USA)

- Heart disease – 24%
- Cancer – 23%
- Injuries 6%
- Lung disease 5%
- Stroke 4%
- Diabetes 3%
- Suicide 2.5%
- Alzheimer's 2%

Cancer – Lung cancer
Prostate



Remove smoking

There are few diseases (except infections) which modern medicine can CURE!

Heart disease, cancer, brain diseases, arthritis...

Once we have it – usually it is there for life:

They cause:

- Pain
- Breathlessness
- Weakness
- Confusion
- Blindness/deafness

Prevention is the only logical approach

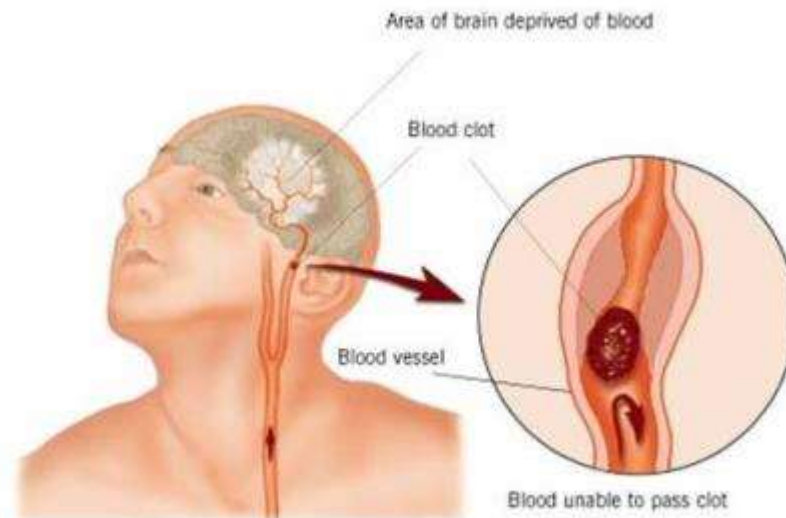
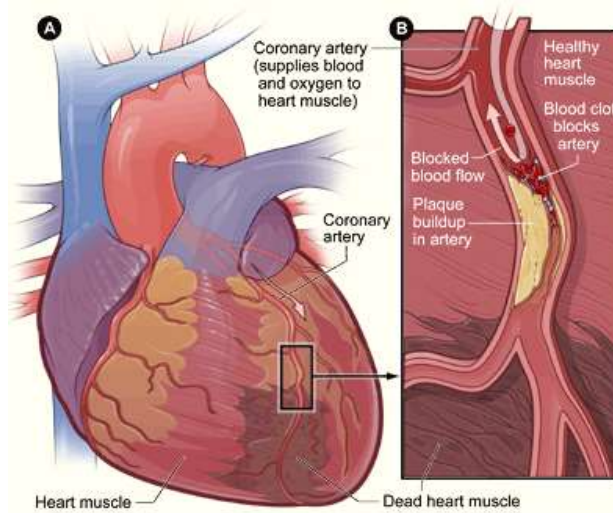
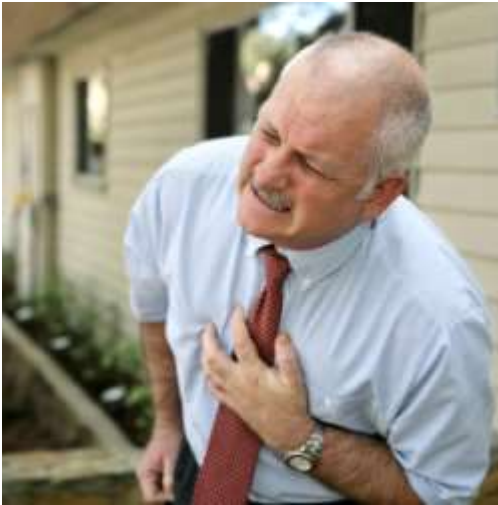
They are there till we die!

We know we can help PREVENT the onset of many of the diseases which are killing and crippling us.



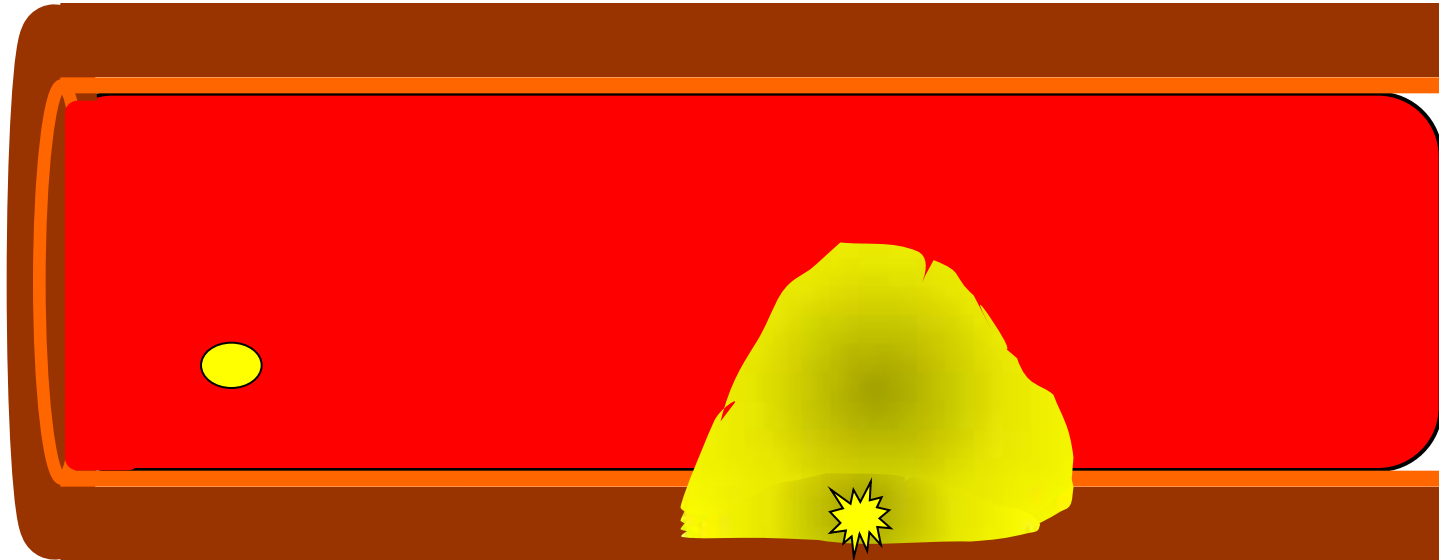
Heart disease and stroke –

Blockages developing in the arteries:



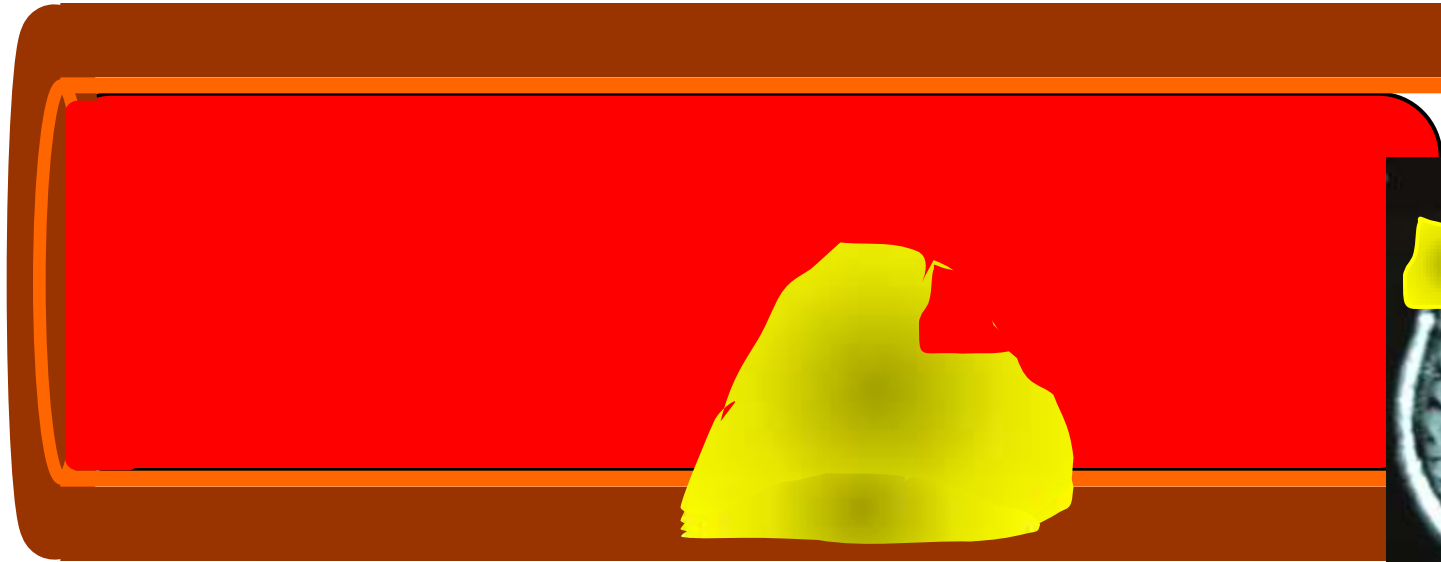
Heart disease and stroke –

Blockages developing in the arteries:



Cholesterol enters the artery walls, becomes OXIDISED and irritates the wall.

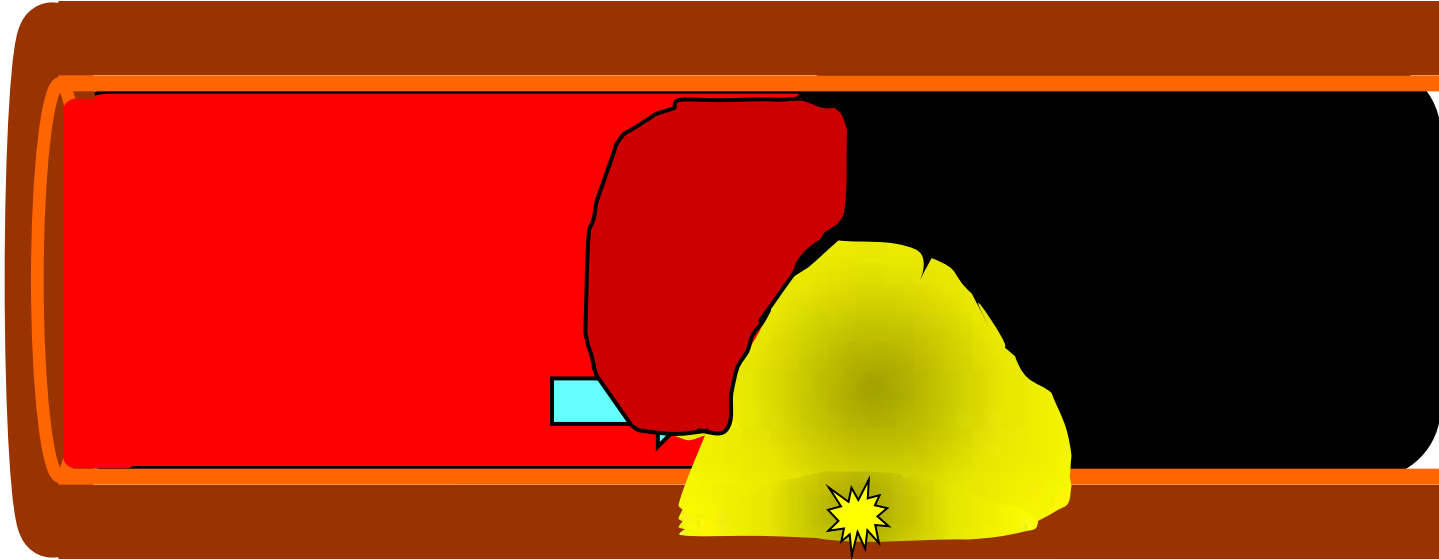
Fibrous tissue, fat and calcium slowly build up in the artery walls (plaque):



Bits can break off – embolism
cause blockages down stream.
Heart attacks & strokes; legs, kidney, gut

Heart attack:

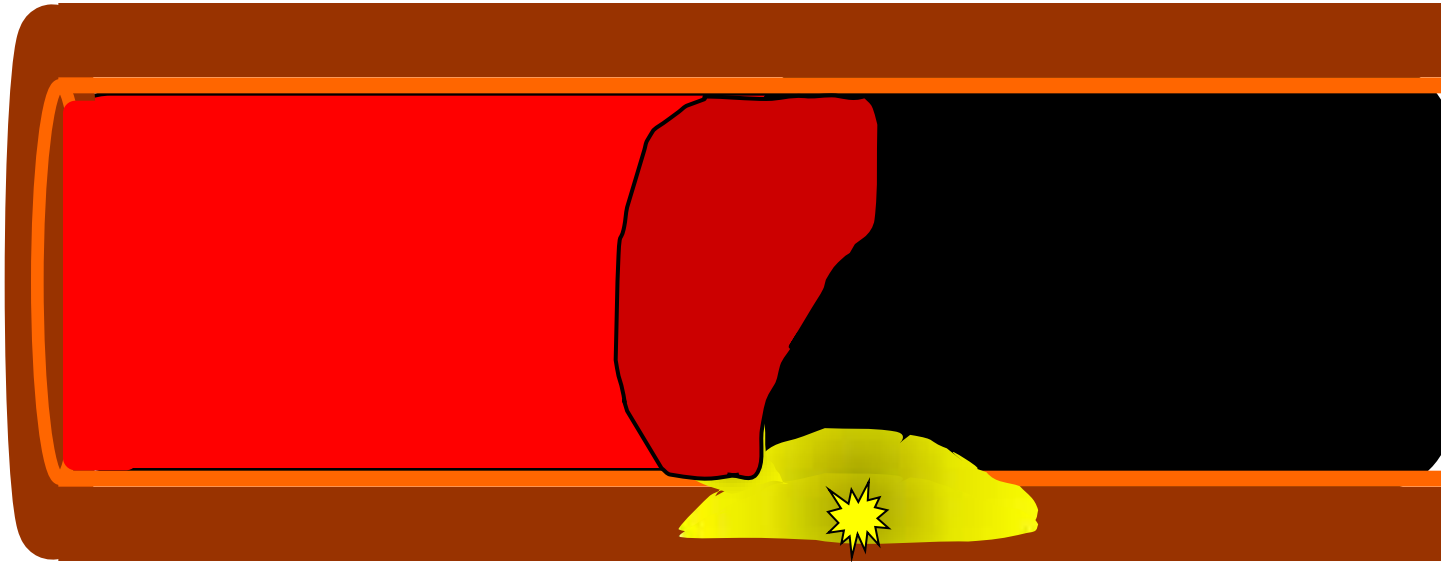
Usually caused by a rupture of the plaque:



Plaque of any size can rupture and cause a heart attack

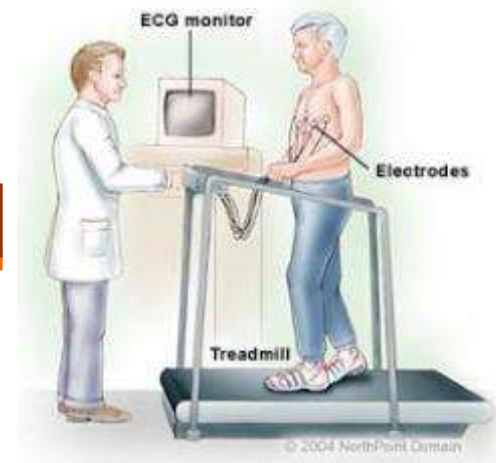
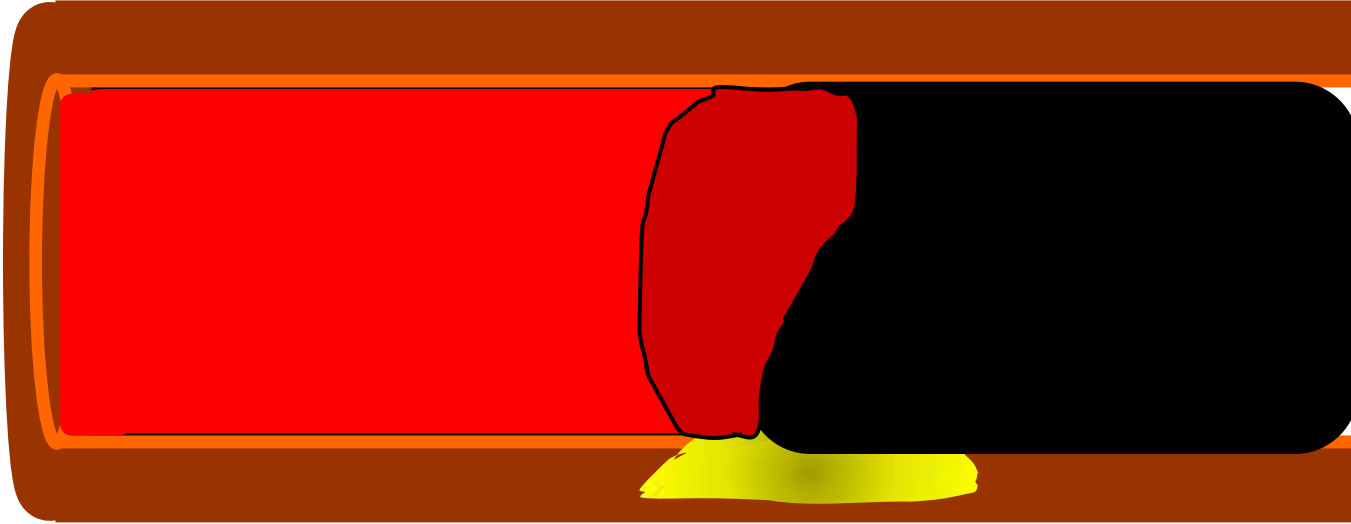
Heart attack:

Usually caused by a rupture of the plaque:



Plaque of any size can rupture and cause a heart attack
60% of heart attacks come from small plaques.

We cannot detect small plaques



They also cause the most damage – bigger heart attacks:
Blood flow goes from 100% to zero



- Bob – was a Fireman
An Iron man – won all competitions
Was 42 years & happily married
with 3 young children



One night he came home from a run and collapsed onto the floor:



Heart attack & Ventricular fibrillation



Aged 42, with 3 small children



Later his widow and one child came to see me:



Could we have prevented
this ?

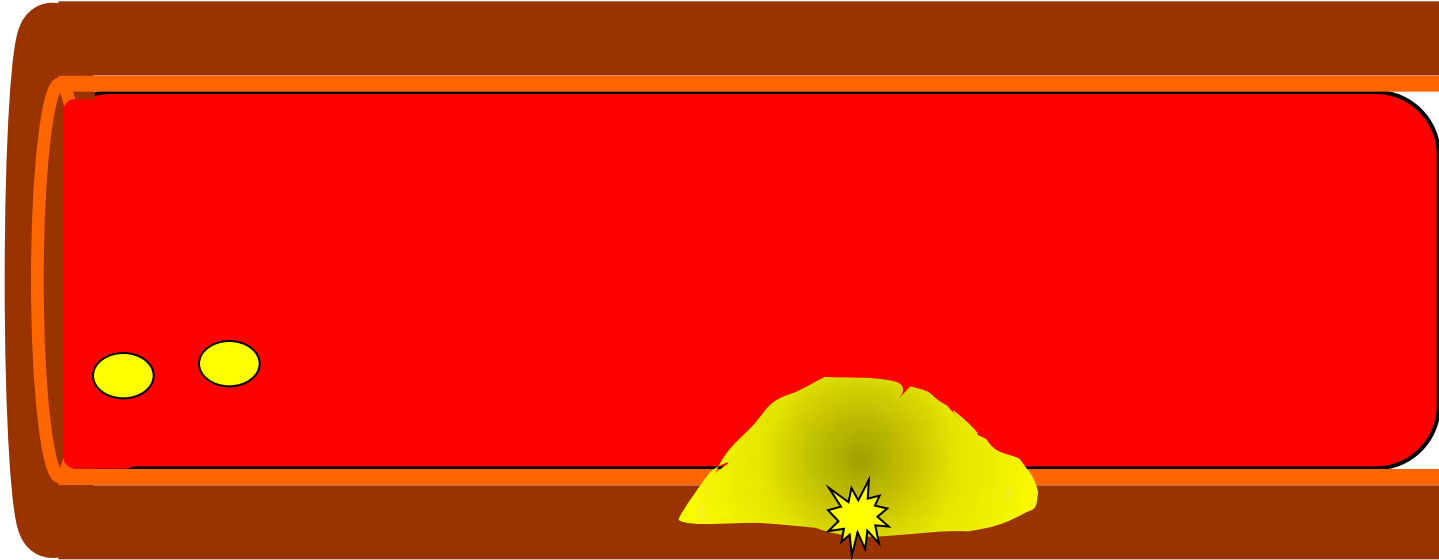
What should the children
do ?

At the time I had no answers.

But now we do

Prevention:

It is not the cholesterol which does the damage – it is the OXIDISED cholesterol



STOP oxidation – metabolism, exercise, toxins,
foods, drugs, smoke, radiation.....

Neutralise with antioxidants

Natural ones from within but we are designed to eat
antioxidants too

Medical treatments for preventing heart disease:

- **Cholesterol lowering drugs** – fibrates, resins, diet, operations, exetimibe, probucol, neomycin – **have NO beneficial effects on heart disease.**
- **Statin drugs** – do lower events (heart attacks and death) by 20 – 30%. Should be used in those with disease or at severe risk – but do have significant side effects.
- **Aspirin** – reduces events in those with disease – debatable in prevention (not in women)
- **THAT'S IT!**



Drugs we have that reduce the risk of sudden death:

- ☐ .
- ☐ .
- ☐ .
- ☐ .
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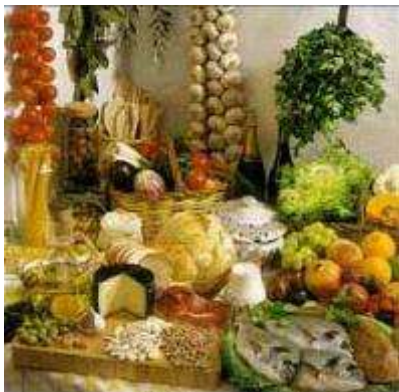


So how can we reduce the risk of our men having heart attacks and strokes?

- Not modern drugs
- Not stress testing or waiting till symptoms
- It's our lifestyle and diet
- Heart disease is rare in countries who eat a different diet – Mediterranean, Japanese, Pacific Islands



Lots of antioxidants and fish





Ventricular fibrillation occurs in almost
 $\frac{1}{2}$ of all heart attacks.
The only treatment is CPR

And

Defibrillation



TODAY ANYONE CAN DO THESE – SAVE LIVES!!!

If someone collapses, check pulse and

Call the emergency number 111

(911, 999, 000 all go to ‘emergency’)



TODAY ANYONE CAN DO THESE – SAVE LIVES!!!

If someone collapses, check pulse and

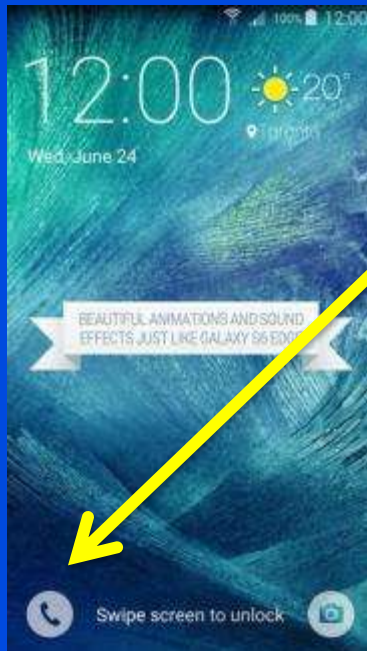
Call the emergency number 111

(911, 999, 000 all go to ‘emergency’)

Mobile phones have the emergency number programmed in:

Works even if phone is locked

Usually there is a small ‘charge’ for emergency phones

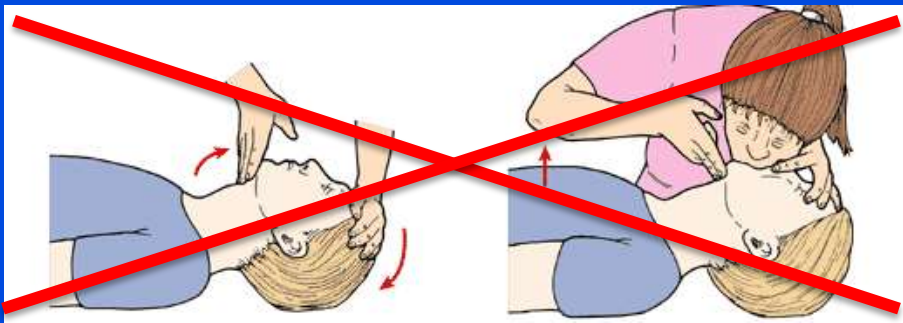


Androids – press phone icon on home page

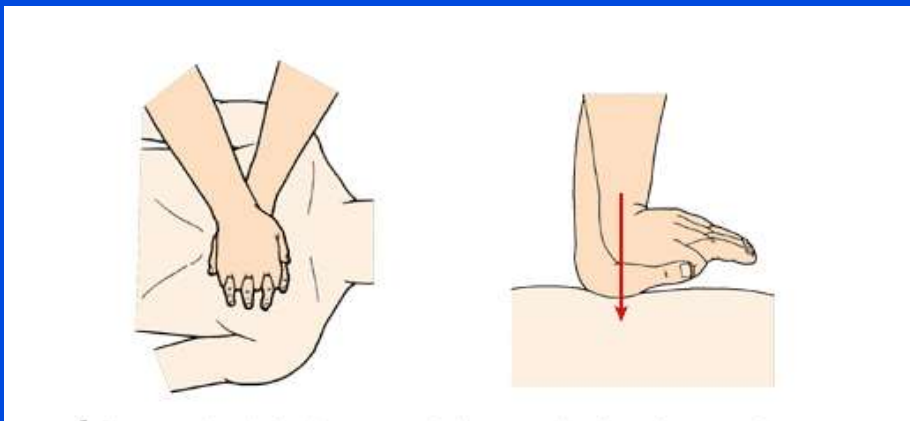
Apples – swipe right then press emergency



**If the patient collapses, check pulse dial
111 and start CPR**



Mouth to mouth no
longer
recommended



Cardiac massage
gets enough
oxygen in

100 beats/minute

Anyone can do CPR – even children!

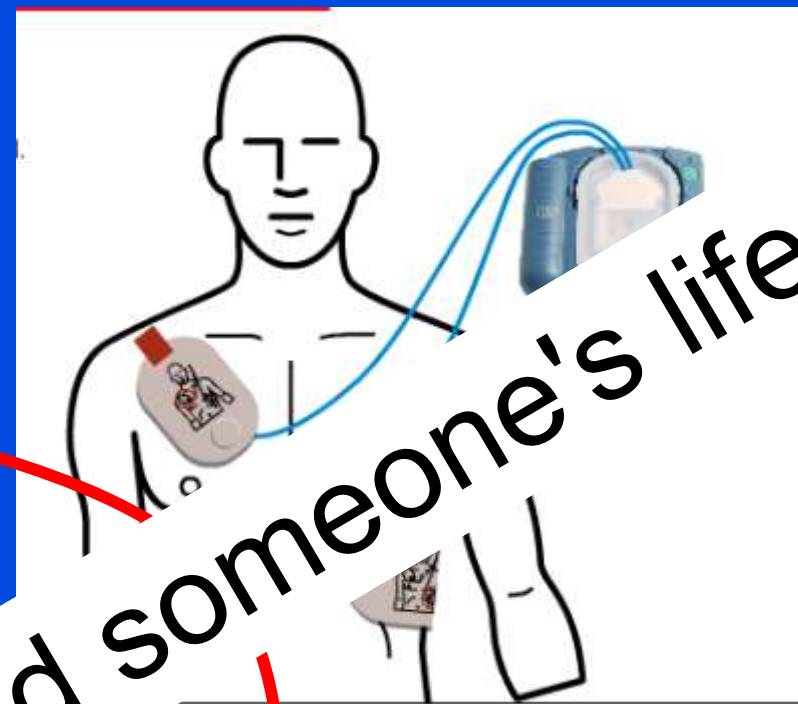


Ambulances have oxygen, drugs and defibrillators.

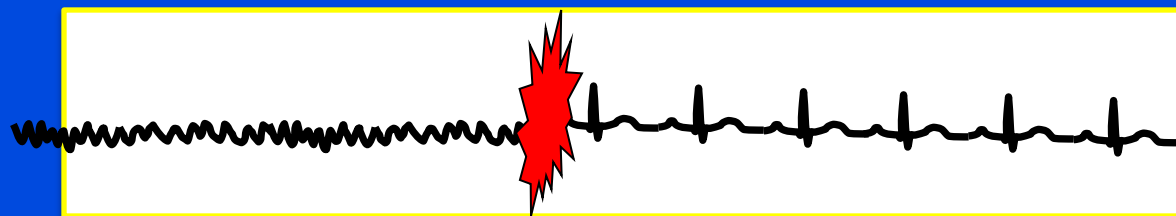


Many Malls, airports, planes, stadiums have **advisory defibrillators**:





1. Switch on
2. Apply paddle (s)
- The unit will show the tracing
"Ready to shock"
- "Back"
3. Press button 3



Defibrillator drones

Deliver defib in a 12 sq K range in 2 minutes



Camera and speaker allows paramedic to instruct the 'lifesaver'

So:

We can treat VF when it happens:

- We can all do CPR – NO EXCUSES
- We can all use a defibrillator



But it is much better to reduce the risk of it happening



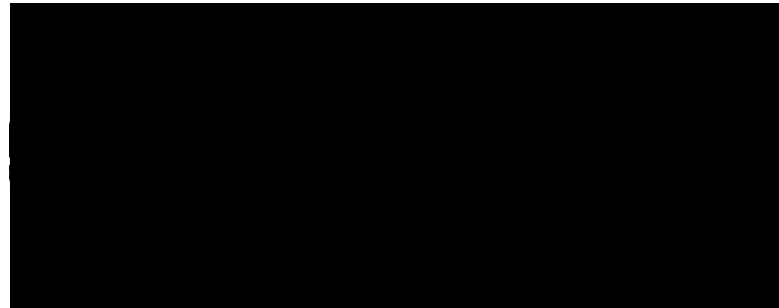


Omega 3 oils found in fish reduce VF:

- In animal studies – dogs, monkeys and mice all are protected from ventricular fibrillation



OMEGA-3 FATTY ACIDS





Omega 3 oils found in fish reduce VF:

- In animal studies – dogs, monkeys and mice all are protected from ventricular fibrillation
- People eating a lot of fish have fewer heart attacks and sudden death





Omega 3 oils found in fish reduce VF:

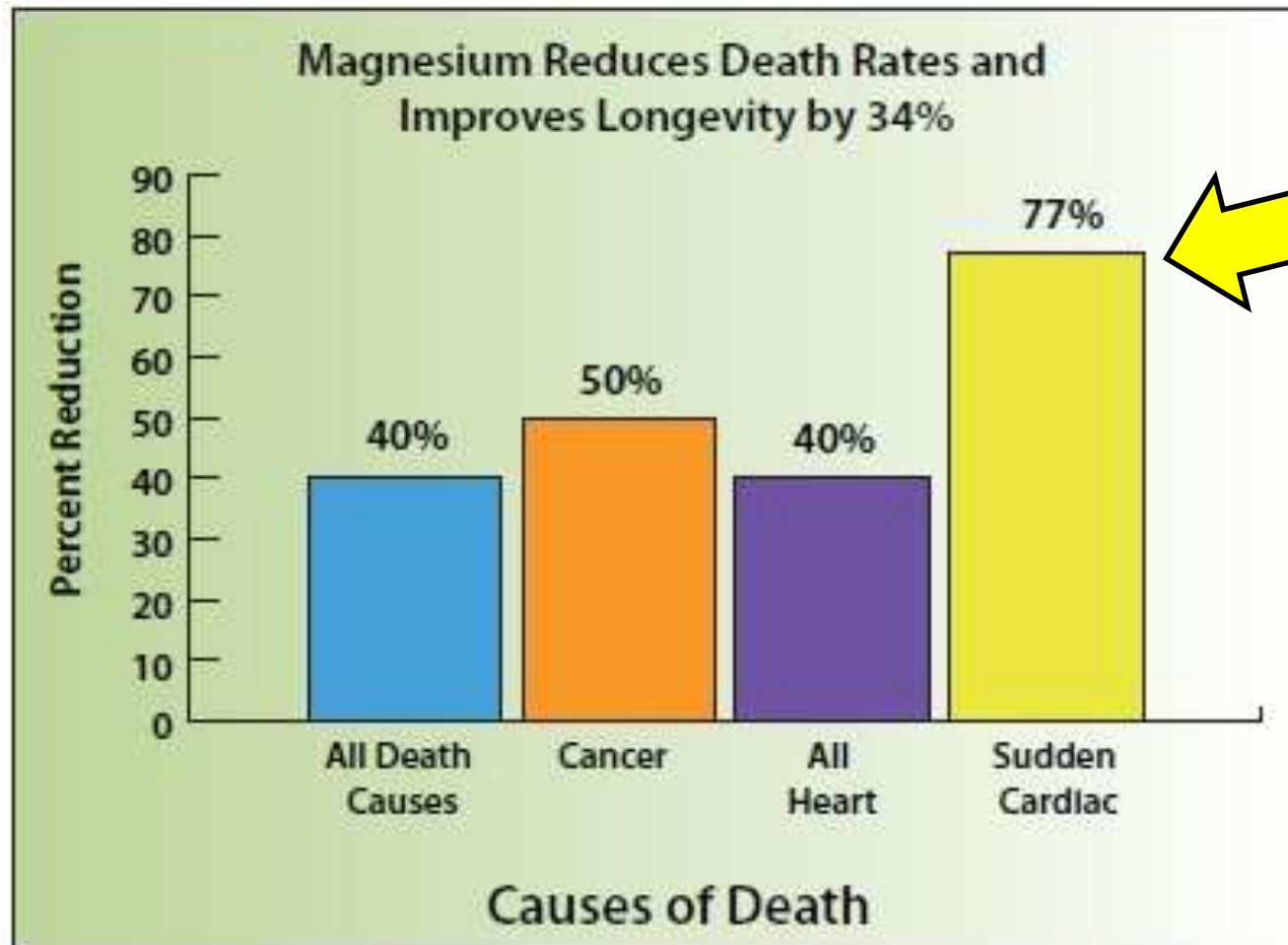
- In animal studies – dogs, monkeys and mice all are protected from ventricular fibrillation
- People eating a lot of fish have fewer heart attacks and sudden death
- In the USA Physician's study – doctors who ate fish had 50% less sudden death



JAMA 1998, vol 279, p23

Magnesium can also save lives

7000 men and women given high or normal magnesium diets over 5 years



2014 Journal
of Nutrition

So how can we reduce the risk of having heart attacks ?

- Not modern drugs
- Not stress testing or waiting till symptoms.
- It's our lifestyle and diet:
- Heart disease is rare in countries who eat a different diet – Mediterranean, Japanese, Islands:

It's not what we eat – it is what we do NOT eat

Heart disease is another talk – but I suggest:

- ***Antioxidants*** – vitamins C, E, D, flavonoids reduce oxidation of cholesterol.
- ***Fish oils*** – reduce heart disease and sudden death
- ***Magnesium*** – reduces high BP and sudden death



Prostate disease:

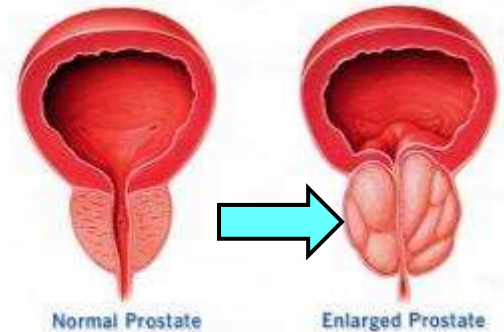
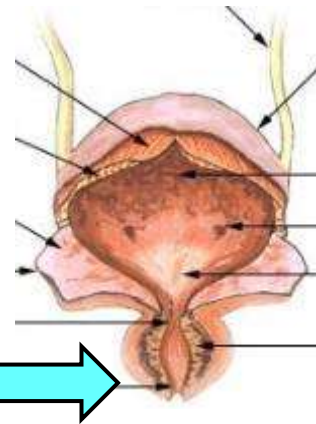
The prostate gland lies at the outflow of the bladder.

Its role – to provide secretion to help the sperm be more mobile and live longer

Benign prostatic hypertrophy (BHP):

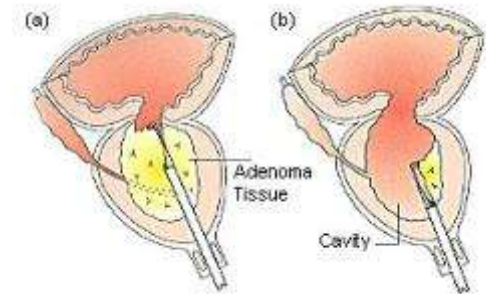
As we get older, the prostate size increases and can slow urine flow out of the bladder.

It happens eventually in most men



BHP treatments:

- Drugs –
 - alpha blockers (doxazosin) – relax the muscles of the urethra – ↓ BP on standing, sex
 - Finasteride – block testosterone and the gland can shrink – impotence and reduced libido
- Surgery – TURP, laser, microwave, prostatectomy, Botox – impotence, incontinence and other sexual dysfunction.



Saw Palmetto – a herb from the Saw Palmetto tree berries.



Saw Palmetto – Used in Egyptian times and North American Indians in the 1700s

Mode of action uncertain

But it does seem to work

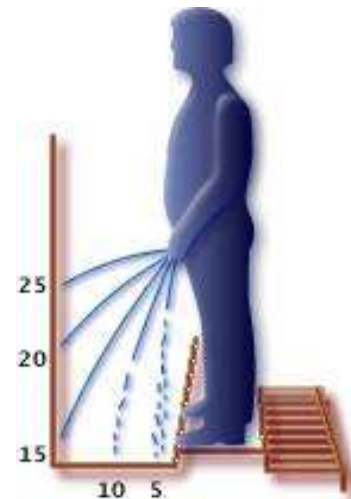
Can be prescribed in Europe :

- ✓ > 70% of German men
- ✓ > 50% Italian men with prostate symptoms take saw palmetto

Side and toxic effects? – NIL

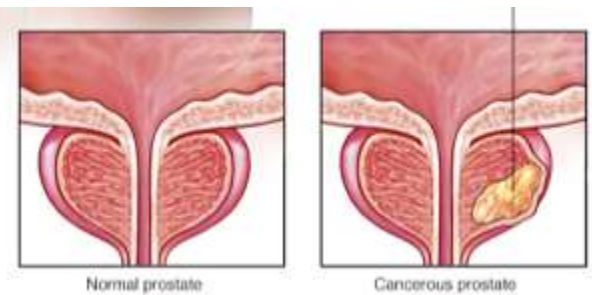


I suggest all men over 45-50 or if they start to have a slower stream take Saw Palmetto daily



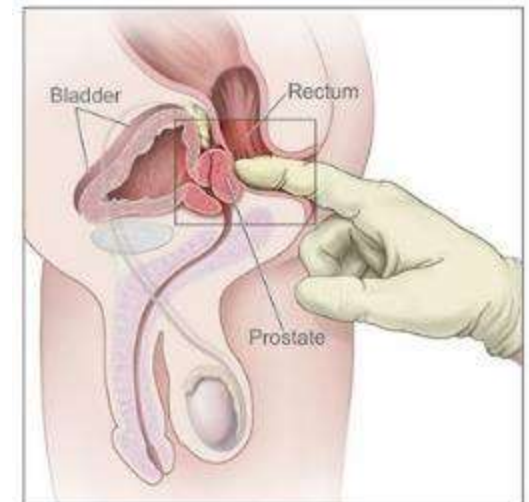
Prostate cancer:

Very common in men as we age.



Diagnosis –

- **PSA** – prostate specific antigen – rises with prostate cancer but also with age, some drugs (Propecia, statin drugs, NSAIDs, and thiazide diuretics). Infection, trauma and even sexual activity.
- **Rectal examination** – can detect cancer, but also misses many cases.



Diagnosis – screening has now been discouraged – too many people investigated and treated unnecessarily. Leading to increased deaths

Prostate cancer screening programme discounted

DANYA LEVY

Last updated 13:43 27/07/2011

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 [Need for better allergy research](#)

The Government is being recommended not to introduce a national screening programme for prostate cancer, but it is being urged to ensure more information is available for men to make informed choices.

Prostate cancer:

Very common in men as we age.

Almost 90% of men over 90 have cancer in their prostates at PM – but they die with it – not because of it.

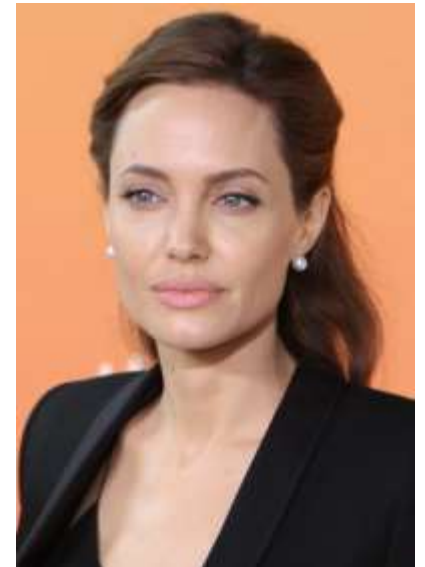
There are 2 types of prostate cancer:

BENIGN – slowly growing and rarely spreads

AGGRESSIVE – rapid growth and spread

Currently we can't separate them –

- Rapid rises in PSA
- Maybe gene testing BRACA2



My advice – get a baseline PSA at about 40

Repeat every 1–2 years

If it is rising continue to monitor annually

Otherwise every 3–4 years

If high – get your doctor to do a rectal examination

If in doubt – ultrasound or CT scan



Prostate cancer PREVENTION

Medicines and drugs which reduce prostate cancer risk:



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Prostate cancer PREVENTION

Health authorities recommendations:

“Go and get your doctor’s advice”



Prostate cancer PREVENTION

Medicines and drugs:

Diet and supplements:

There are a number of therapies which have been shown to REDUCE prostate cancer – ***why are we not being told?***

- ✓ Selenium – in a trial in USA 1700 men, ½ took selenium and ½ placebo – the deaths from prostate cancer was reduced **63% !**
- ✓ Lycopene – found in tomatoes – reduces prostate cancer by 43%
- ✓ OMEGA 3 FISH OILS – Finnish study – reduced prostate cancer 50 – 60%
- ✓ **Regular sexual activity**

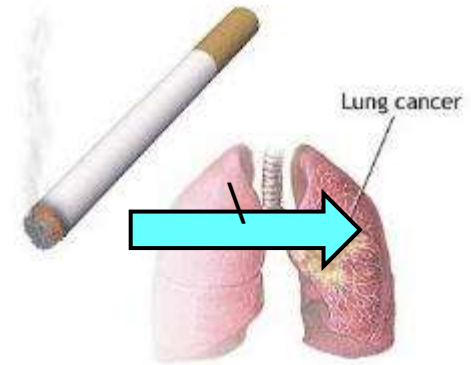
I suggest all men over 45 take selenium, lycopene and fish oils & sex.....

Lung cancer –

Prevention

- Stopping smoking – asbestos, radiation and wood smoke.
- Drugs – nil
- **Supplements –**

- ✓ **Up-to-date** – the medical site used by ALL hospitals in the country states:
“lung cancer is more common in those with - **low levels of antioxidants** (esp. A and E) and flavonoid antioxidants... low levels of B vitamins”
- ✓ In the selenium trial, those taking selenium had 46% less lung cancer



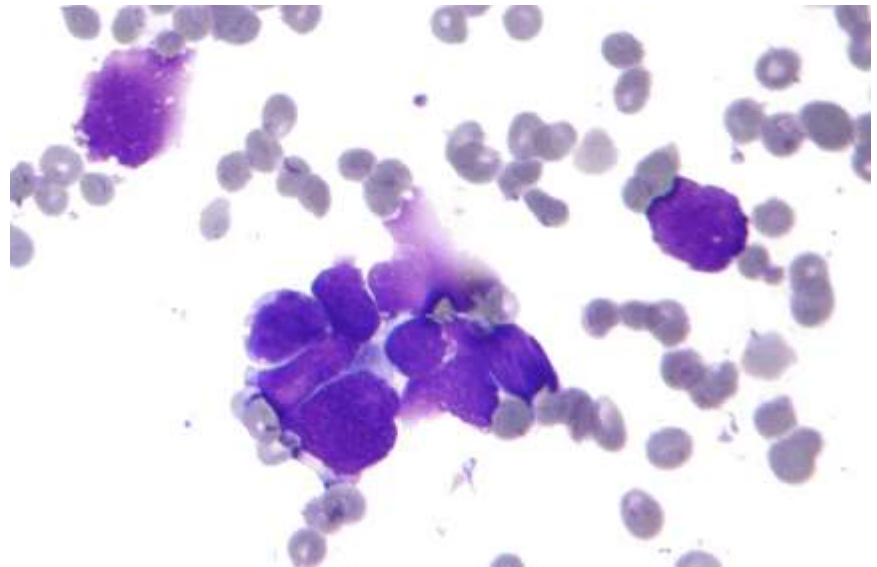
So if you have been a smoker – take antioxidants and selenium

Medical treatment of lung cancer has changed:

1. **Non –small cell cancer** – surgery, radiotherapy and chemo – gives long term hope
2. **Small cell lung cancer** – usually widely spread on diagnosis .

Previously patients died within months

Now – most live 18 – 24 mths, and 14% 5 years

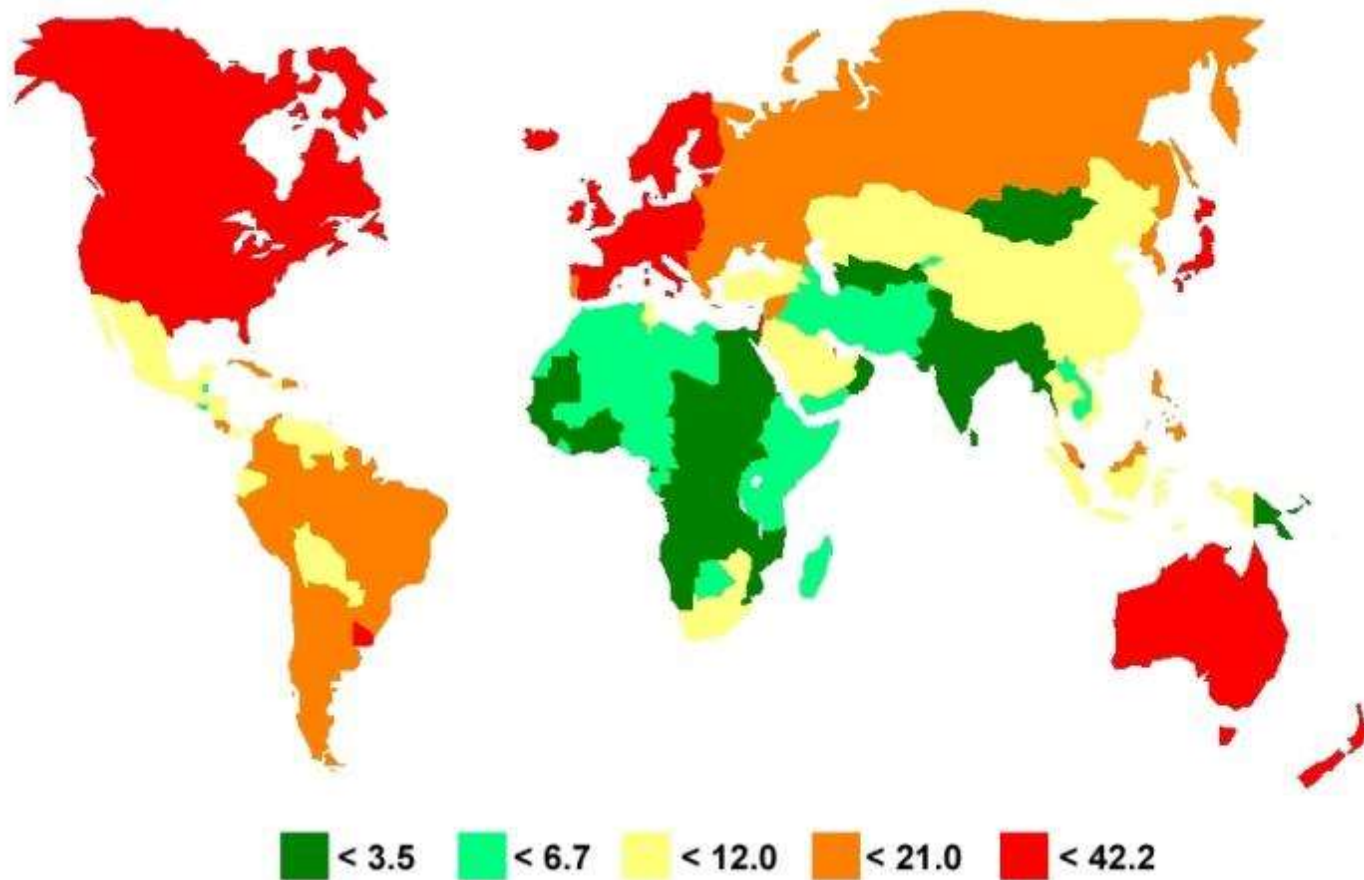


Bowel cancer – the second cause of cancer in men



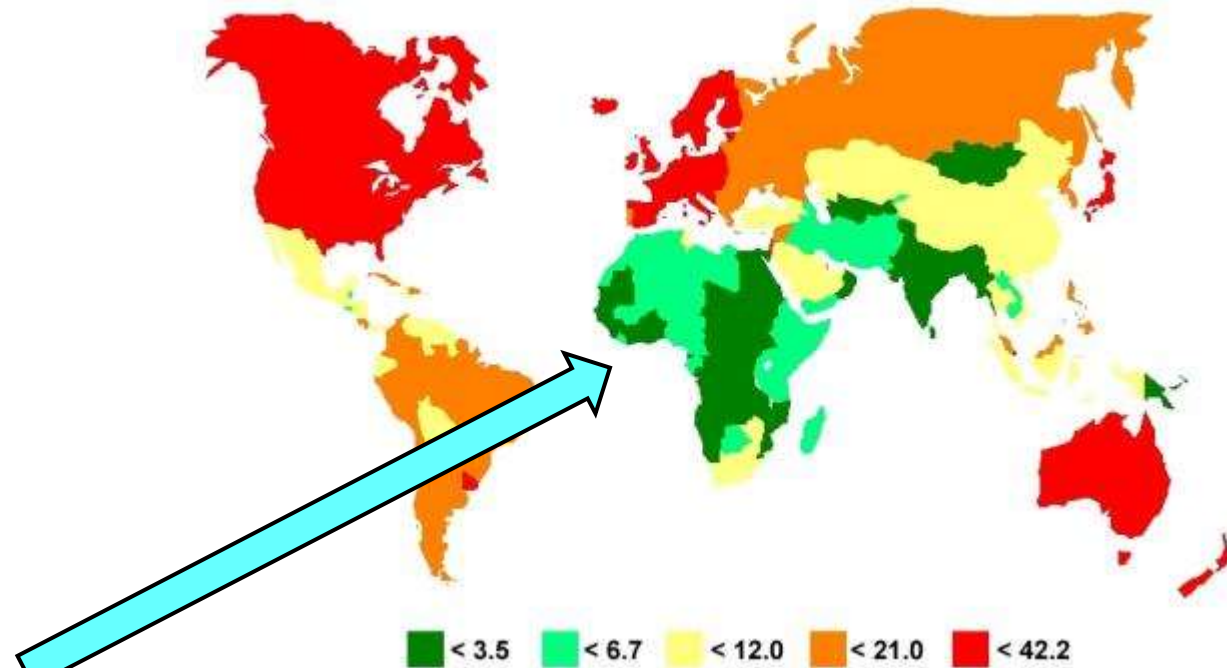
We don't often talk about
Most don't know what to do

The highest rates of bowel cancer are in NZ, Oz, Europe and USA – lowest Africa and SE Asia. (green)

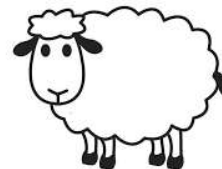


African diets – high in fibre!

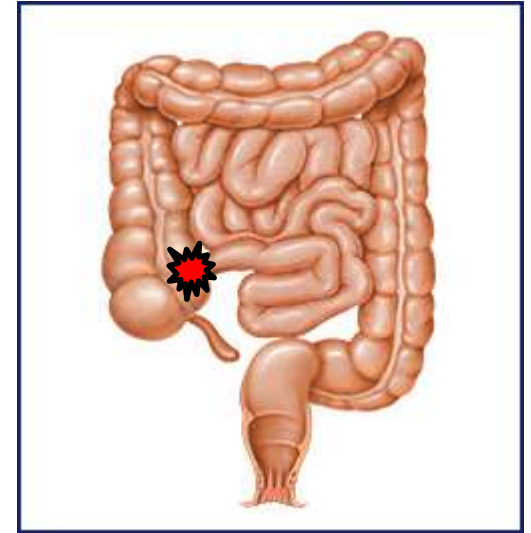
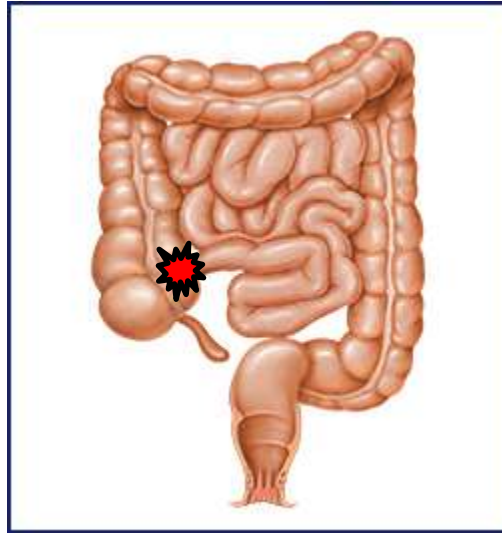
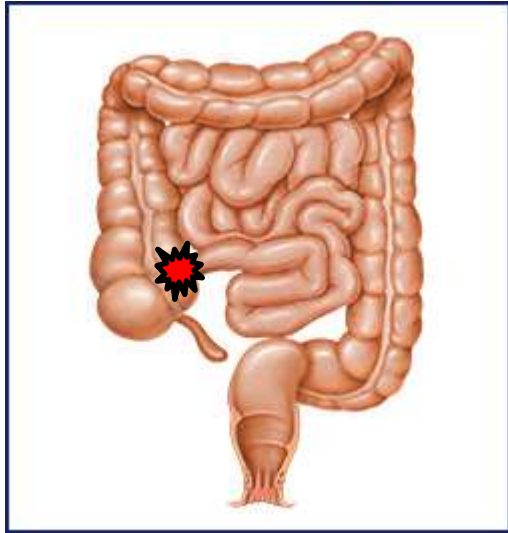
Dennis Burkett – studied the toilet pans of European and African countries:



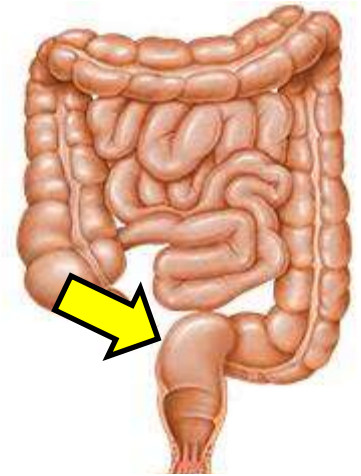
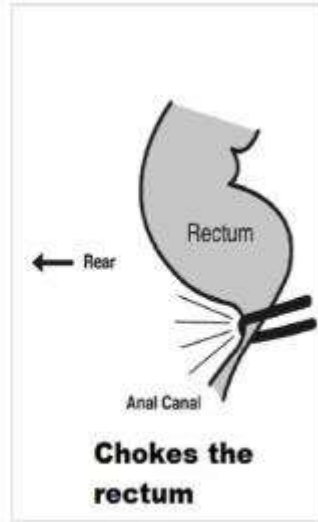
Because they ate more fibre



Fibre moves the toxins rapidly through the bowel
Toxins in our food
Toxins excreted in the bile } Cause cancer



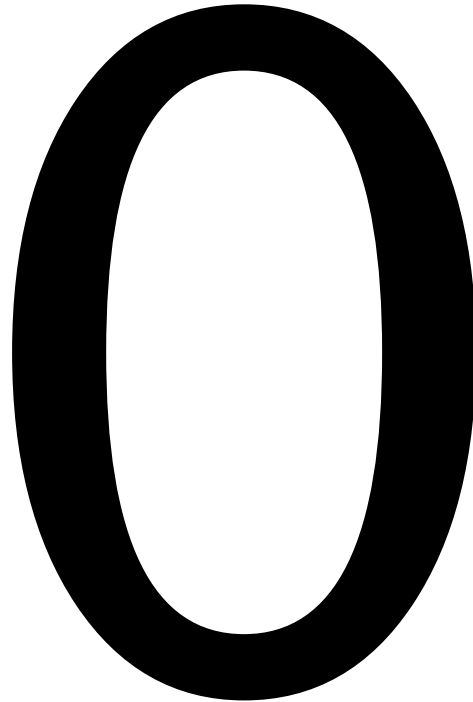
We also use the toilet all wrong



Bowel cancer –

Prevention –

Drugs – nil



Bowel cancer –

Prevention –

Drugs – nil

Diet and supplements:

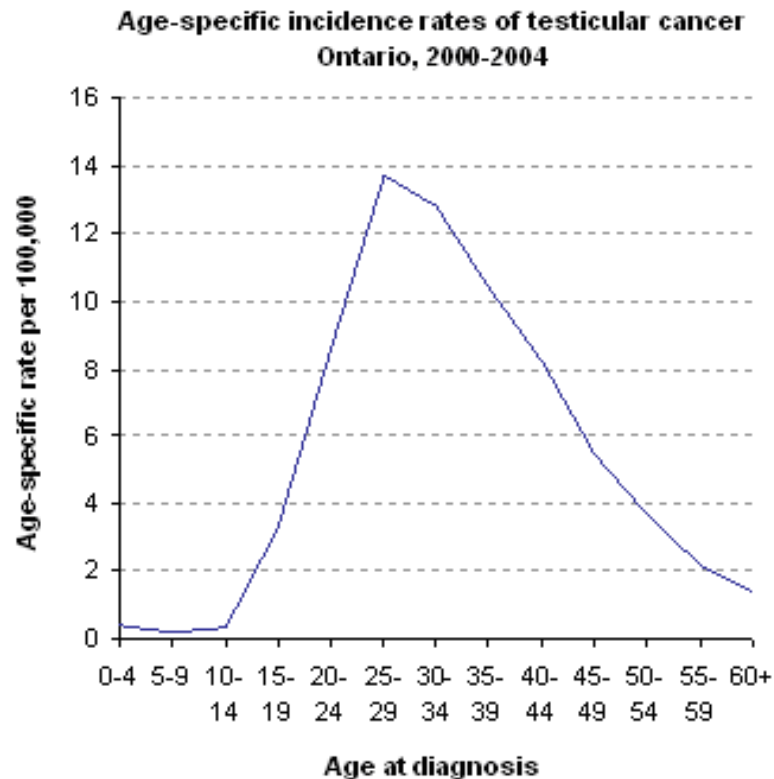
- High vitamin D levels – (every 10nmol/L increase in plasma vitamin D resulted in 6% decrease in colon cancer*)
- High diet of Fruit and vegetables
- Fibre – both soluble and insoluble – this is a major difference in African diets
- Folic acid - In the USA nurses study folic acid reduced colon cancer 31%
- Selenium study – colon cancer reduced 58%

I suggest we all over 45 take antioxidants, vitamin D, folic acid, selenium, and plenty of fibre to reduce their risk of cancer

Testicular cancer –

The most common cancer in men between 15 and 35 years.

Not common (only 1% of male cancers, but is easy to diagnose and eminently curable!



Source: Cancer Care Ontario (Ontario Cancer Registry, 2007)

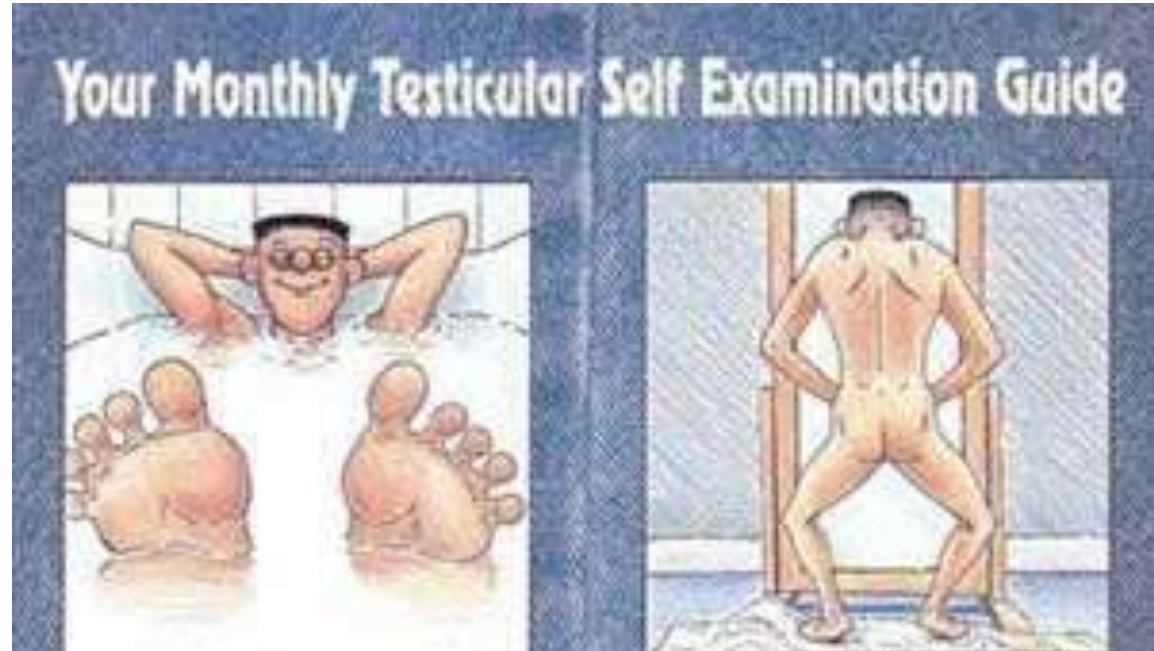
Testicular cancer –

The most common cancer in men between 15 and 35 years.

Not common (only 1% of male cancers, but is easy to diagnose and eminently curable!

Diagnosis – self examination:

Women examine their breasts in the shower/bath, men, especially young men should examine their testes in the same manner!



Testicular cancer –

We only have 2!

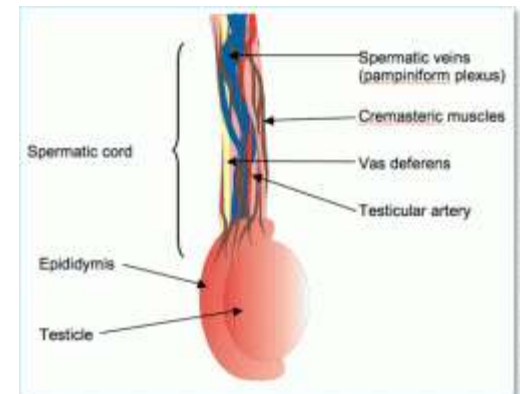
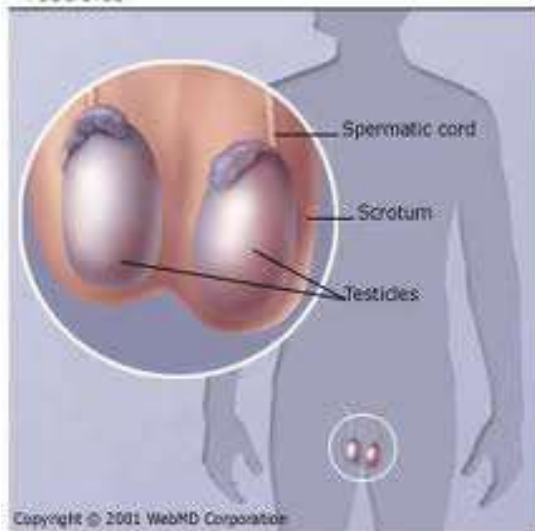
Smooth, firm/soft – about the shape and size of hen's egg – (5 – 7) – not an ostrich!

Smooth soft epididymis at the back

The testes should be smooth, have no lumps or hard spots

If in doubt – see your doctor – fast. It can be cured

Testicles



Impotence and low libido –

Is common as we age (40% of men 75–85yrs are sexually active), stress, depression, illness, alcohol.



Impotence and low libido –

Is common as we age (40% of men 75–85yrs are sexually active), stress, depression, illness, alcohol.
Drugs are a common cause – ask your doctor.



Alpha blockers
ACE inhibitors
anti-psychotics
fibrates
finasteride
metaclopramide
aldactone....

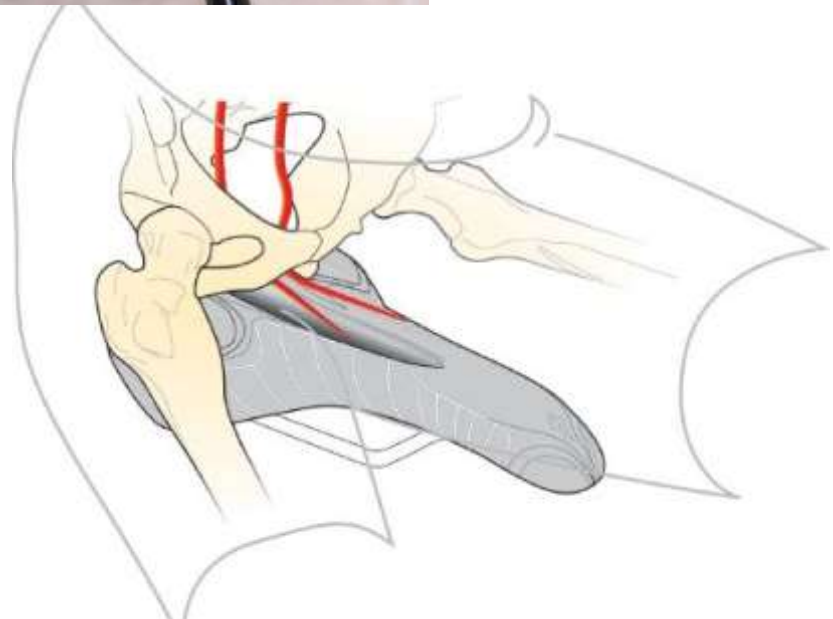
beta blockers
thiazide diuretics
statins
tagamet
omeprazole
stemetil

Impotence and low libido –

Is common as we age (40% of men 75–85yrs are sexually active), stress, depression, illness, alcohol.

Drugs are a common cause – ask your doctor

Cycling – pressure on pudendal arteries



Ancient Egyptians – mashed crocodile hearts rubbed on the penis

Aristotle dried bodies of beetles – Spanish fly

Tiberius' wife slipped it into family banquets



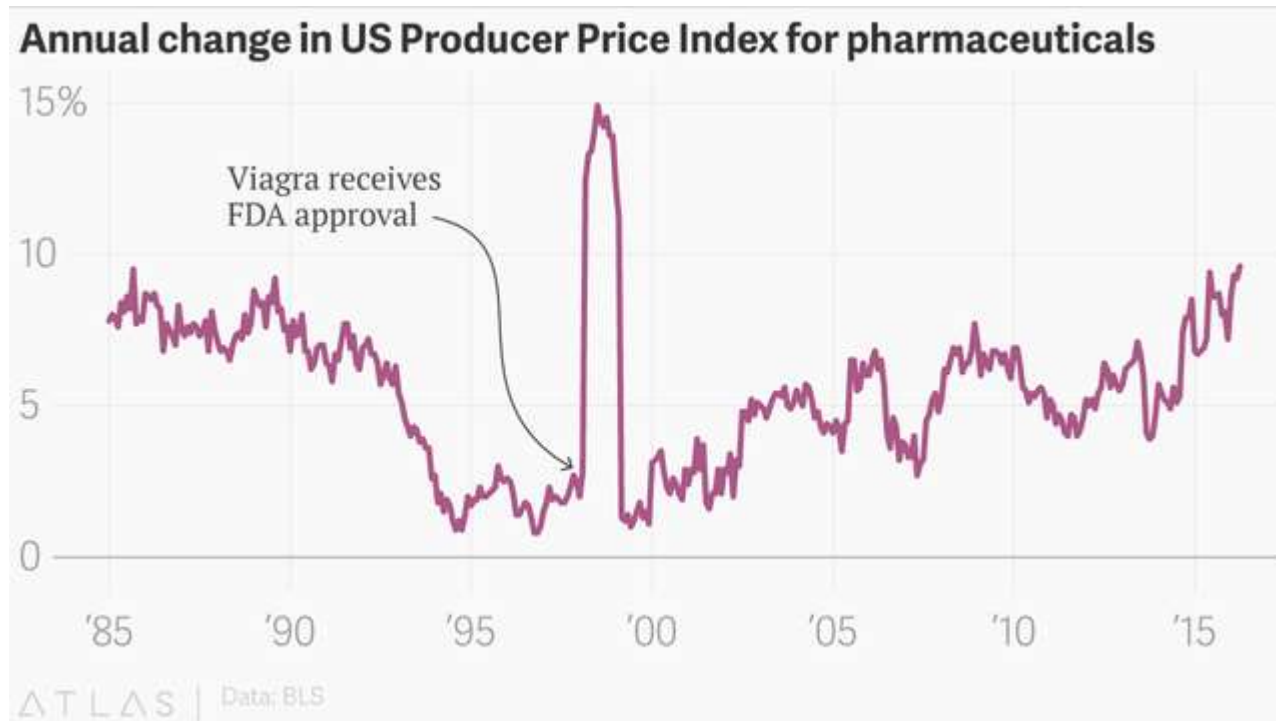
More tragic treatments come from the East.

- In addition to the herbal remedies,
- Tiger penises and horns of rhinoceros used in tonics,
- China and India recommended drinking one's own urine to cure impotence. (recycle your hormones)



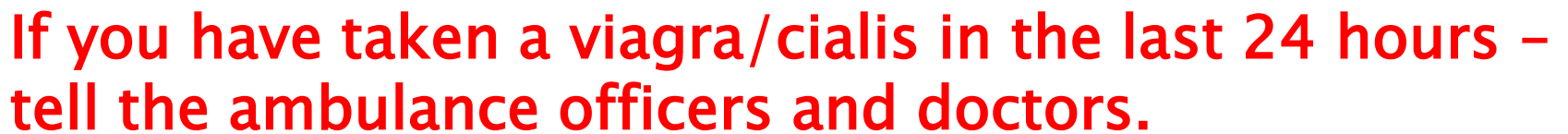
Viagra

Synthesised for angina and
high BP –
Patients noticed a side effect



Viagra, Cialis – very effective –

but if taking nitrates for angina (spray or tablets) the fall in BP can be catastrophic, untreatable and fatal.

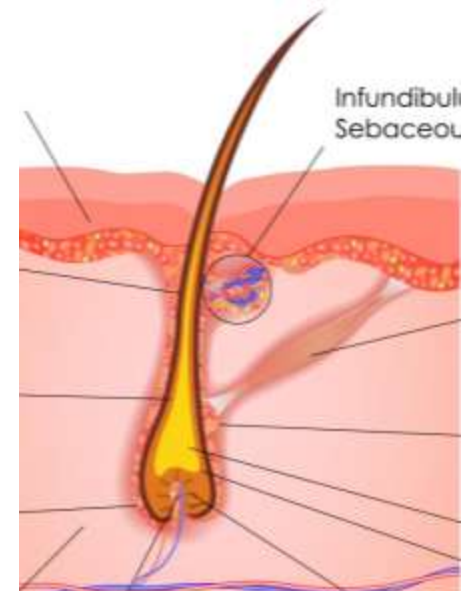


Male baldness

Hair follicles have 2 phases –
Growth phase (90%),
Resting phase.

Prolonged resting phases can lead to hair thinning and baldness.

Male baldness – both hereditary and hormonal (reduces male androgens), shortens the growing phase until it is so short the follicle doesn't reach the surface.



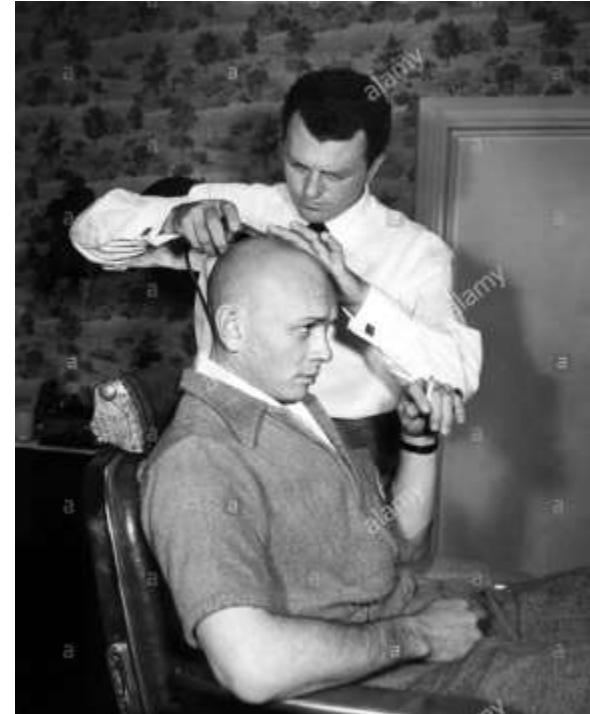
Treatment of male baldness

- It can look cool



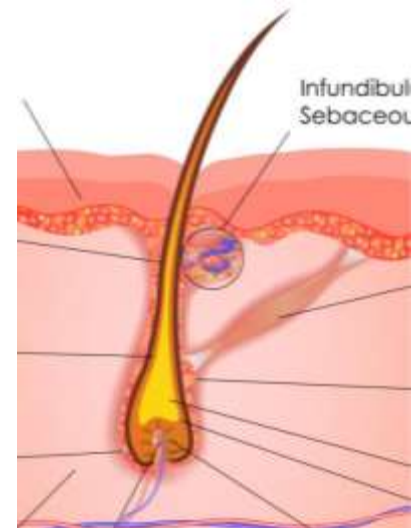
Treatment of male baldness

- It can look cool



Treatment of male baldness

- It can look cool
- Minoxidil cream – lengthens the growing and shortens resting period. Apply twice daily for ever! (wait 4/12 for results)



Treatment of male baldness

- It can look cool
- Minoxidil cream – lengthens the growing and shortens resting period. Apply twice daily for ever! (wait 4/12 for results)
- Finasteride (Proscar, Propecia) – blocks testosterone effects. Can impair sexual function

Does it work ?



Treatment of male baldness

- It can look cool
- Minoxidil cream – lengthens the growing and shortens resting period. Apply twice daily for ever! (wait 4/12 for results)
- Finasteride (Proscar, Propecia) – blocks testosterone effects. Can impair sexual function

Baldness can also occur in women

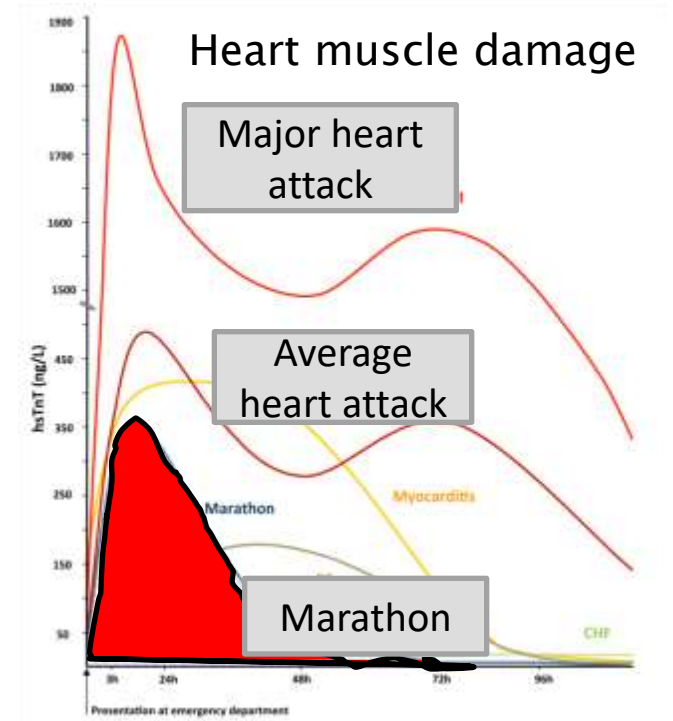
- Minoxidil cream works in women
- Finasteride does not
- Wigs



Men (and women) do hard manual work



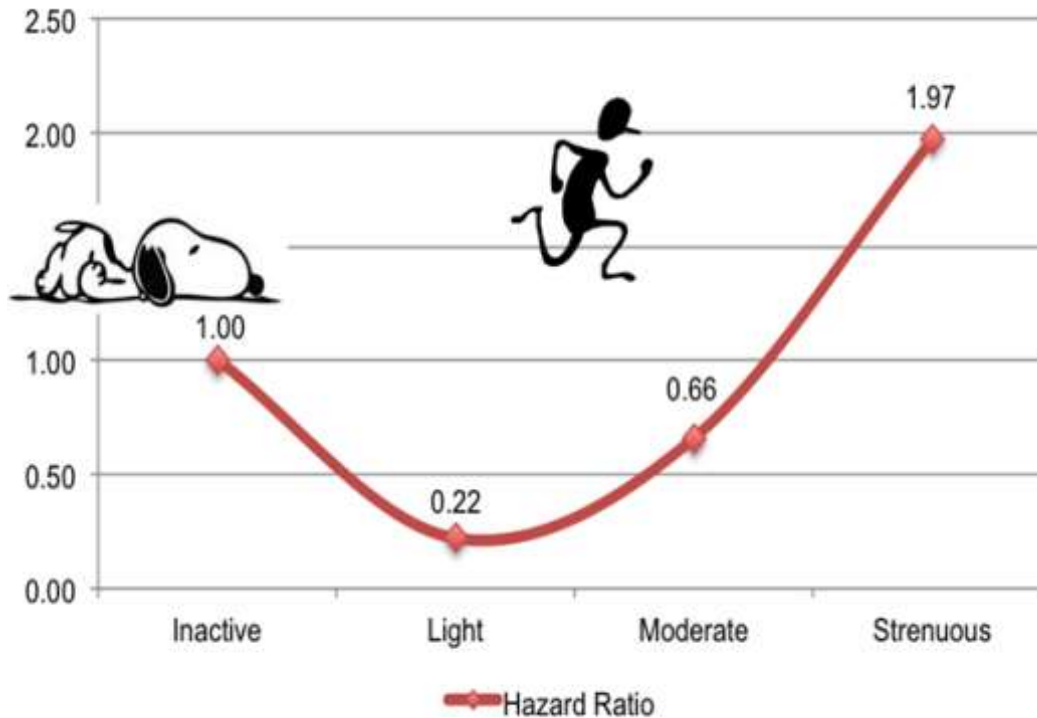
They also punish their muscles and joints in other “healthy” ways



Excessive physical activity doesn't help longevity

Copenhagen Heart study

Death
rate



Compared 4,000 non joggers with those who exercised

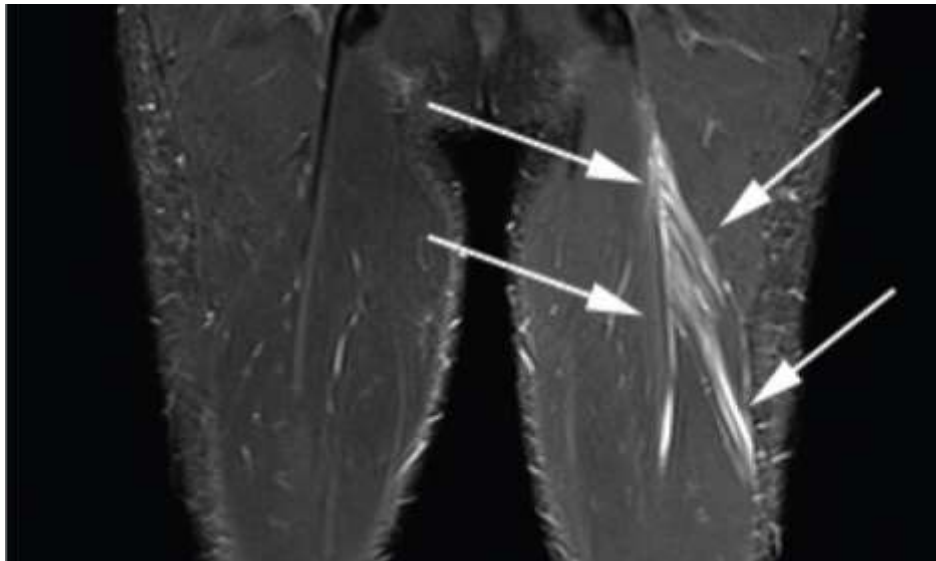


Damages joints & muscles



Healthy knee joint

Osteoarthritis



Cramp



Developed severe cramps

Rx Magnesium

What can we do to protect our muscles & joints (& lives)?

Drugs:

- Non – steroidal (NSAIDS) – reduce inflammation & pain (voltaren, celebrex)
- Steroid injections – ditto – but weaken the tissues
- REST REST REST REST

Complementary therapies:

- Massage, acupuncture
- Glucosamine – helps protect and maybe rebuild cartilage
- Curcumin – has a NSAID and other anti-inflammatory effects
- Antioxidants – help neutralise free radicals
- Omega 3 fish oils
- Magnesium & calcium
- Co Enzyme Q10
- Good Multi

Athlete's talk



Summary for Diseases which affect men (and women)

- ❖ Heart disease and stroke
- ❖ Prostate disease – enlargement and cancer
- ❖ Other cancers – especially lung and bowel.
- Prevention is the only approach
- For most our preventive treatments are pathetic.
- Prevention is very effective and easy
- Is mainly what we do **not** eat:

**Antioxidant vitamins and flavonoids,
fish oils, fibre, some minerals,
herbs (saw palmetto and lycopene),**



**Antioxidant vitamins and flavonoids, fish oils, fibre,
some minerals, herbs (saw palmetto and lycopene),**

So how can we take these?

- Vitamins and antioxidants – from fruit and vegetables
8 – 10 large helpings per day – EVERY DAY.
- Flavonoids – fruit, grapes, raisins,
- More vitamin D – sunbathe, 2 L milk daily
- Fish oils – 3–4 fish meals weekly – mercury free
- Minerals – more vegetables, Brazil nuts
- Saw palmetto –?
- Lycopene – tomatoes and tomato sauce – eaten daily.
- Fibre – more vegetables and roots



Antioxidant vitamins and flavonoids, fish oils, fibre, some minerals, herbs (saw palmetto and lycopene),



That sort of intake is appealing to some – but for most of us IT IS IMPOSSIBLE

What can we do?



Like lemmings follow the others to premature disease and death?



Or question if there is not a better way!

Antioxidant vitamins and flavonoids, fish oils, fibre,
some minerals, herbs (saw palmetto and lycopene),

If taking these nutrients in adequate amounts will
reduce heart disease, cancer, neurological and other
diseases....

AND

We cannot get enough from our food....

Then

Why not take nutritional supplements to make up the
shortfall?

Like farmers and their animals

Like vets and our pets



Antioxidant vitamins and flavonoids, fish oils, fibre,
some minerals, herbs (saw palmetto and lycopene),

BUT

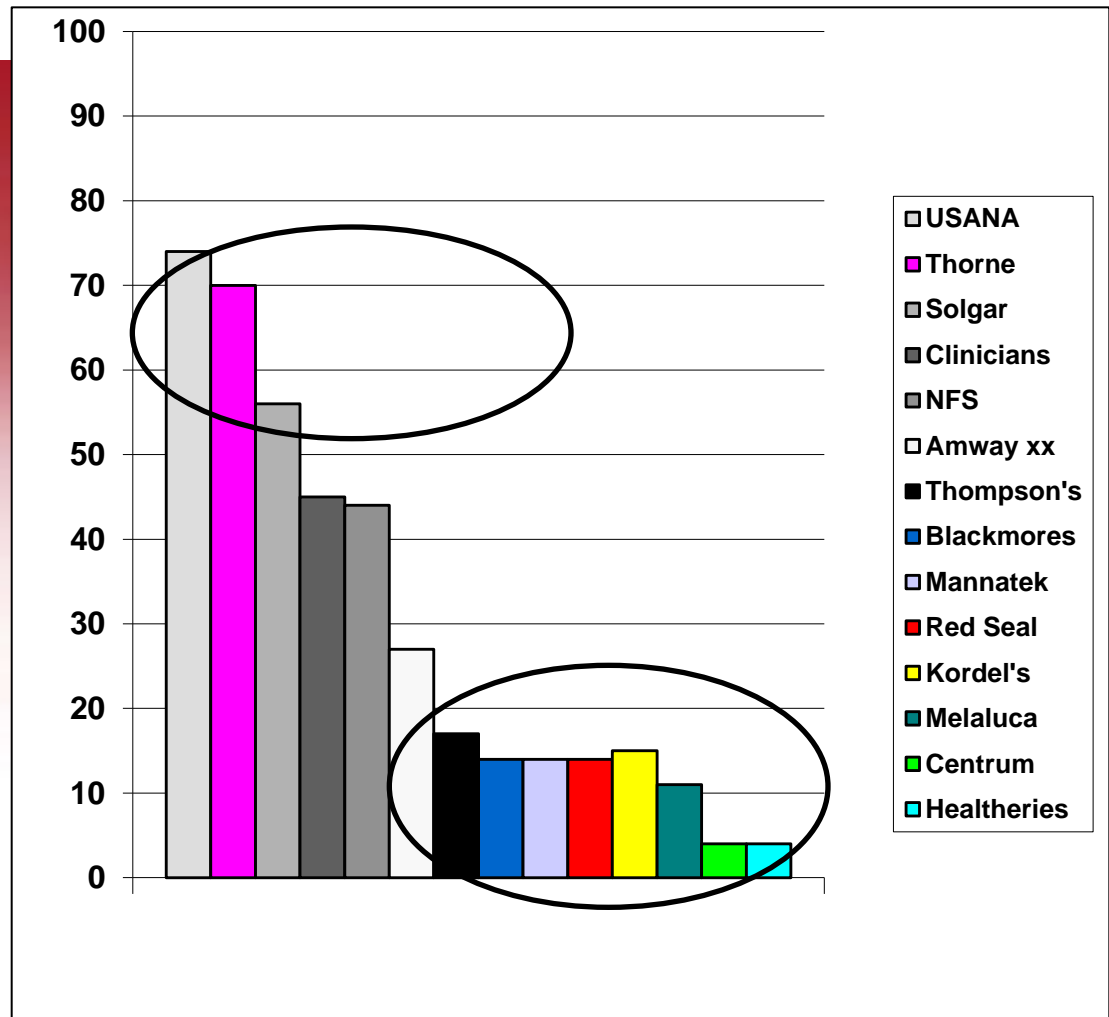
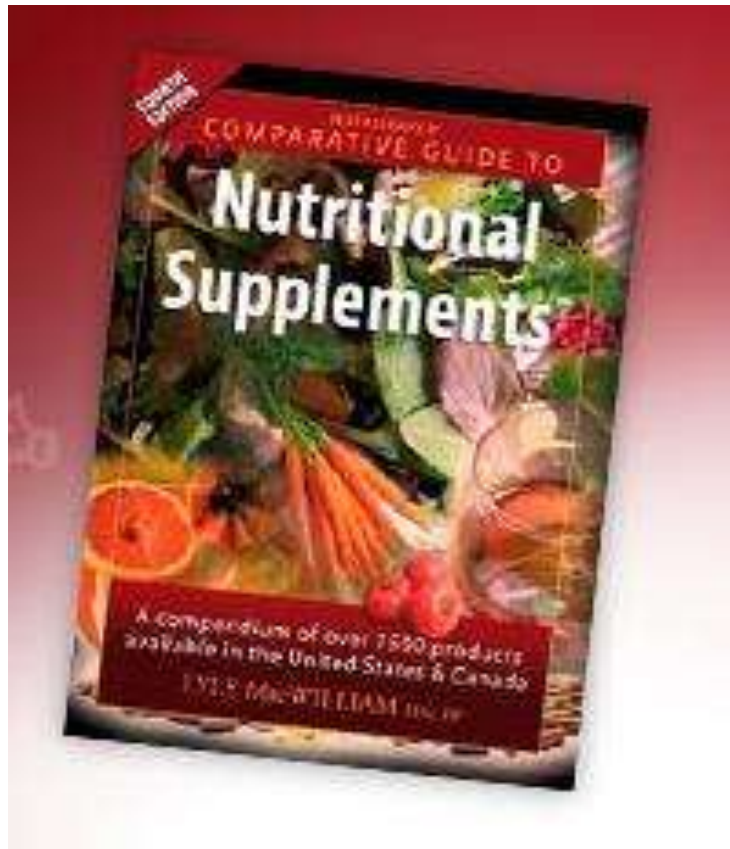
The supplement you take must contain all the nutrients needed

In the correct dose

And be absorbed.



Look for top ranking supplements in independent review publications!



Which supplements should we take?

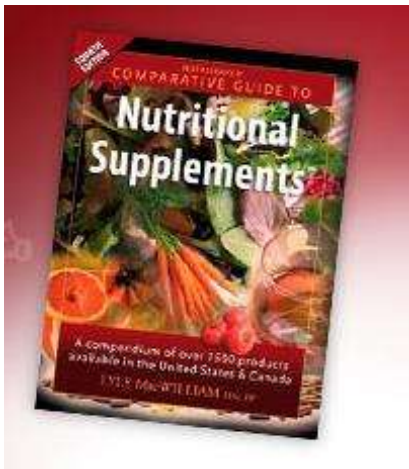
Up to 40

- A good multivitamin/antioxidant and multimineral
- Omega 3 fish oils
- Calcium /magnesium /vitamin D

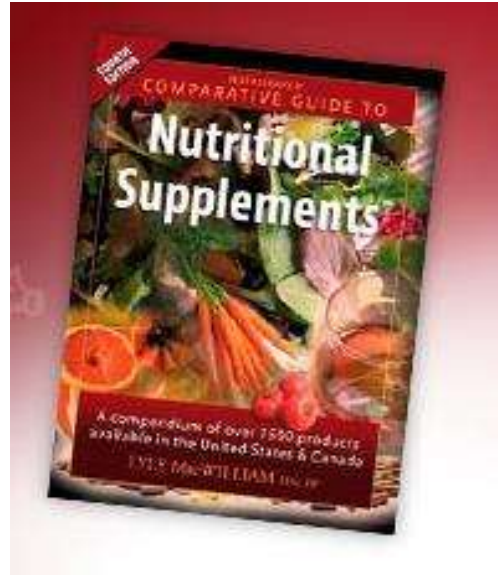
After 40 – add

- Saw Palmetto / lycopene

If you take a quality supplement –
that's all you need for protection



- Eat as well as we can or are willing to
- Take the right supplements to complete our protection



- Exercise regularly – but not to excess
- Reduce stress in our lives



Don't be like an ostrich – enjoy life
For yourself
Your partner
Your grand kids

BUT most of all.....



Most of all for your family



