

# The Tuesday Minute

*Nutritional information.... one byte at a time*

## *This Week's Topic*

### **Prostate Issues: Do They Know You Can Help?**

With so many advertisements and commercials regarding prostate health, let's consider ways to give your practice an added edge. Your patients already have this problem, but do they know you can help?

Look at these statistics just to be reminded. This is an area everyone needs to be aware of: 50 % of men over 50 and 75% of men over 70 have swollen prostates. Treatment for benign prostate hypertrophy (BPH) costs about \$1 billion dollars annually.

Taking it up another level, "Prostate cancer is the most commonly diagnosed cancer among men in the United States accounting for 25% of all tumors. As many as 50 % of all men seventy years and older have latent prostate cancer." Prostate cancer is slow growing in most cases, with only 7% of diagnosed prostate victims dying within 5 years. And be reminded, more women are diagnosed with breast cancer, but MORE men die of prostate cancer. Of the 180,000 men with prostate cancer in the United States, 31,000 die annually. That's unbelievable! And really, that is the motivation for all of us.

For all our male patients, we should be equipped to examine for this problem; assess the problem; and treat it in the early stages when it is not only safe to treat but the treatments are effective. If symptoms are present, order a thorough chem panel that contains a serum creatinine, CBC with

differential, and a PSA. If the PSA comes back higher than 4, order a free PSA.

The following recommendations come from Dr. Harry Eidenier and his seminar series and reference manual, "More Than Just A Bunch of Numbers - Making Sense of Blood Chemistry Results." This excellent text should be in each clinician's library as it represents findings from some of the great clinicians of our time. PSA, which stands for Prostate Specific Antigen, is a marker used for prostate cancer and is effective about 80 % of the time in detecting cancer. However, this leaves out 20% of men who have low levels of PSA who contract cancer. The real value of this test is when it doubles over a 3-12 month period. So a base-line level is useful to have for all of us over age 50.

Another valuable measurement is the free PSA. When the free PSA is below 25% and the total PSA is above 4 ng/ml, further investigation should be considered. If the free PSA is greater than 25%, BPH is probable. If free PSA is less than 25%, prostate adenoma is probable.

Although the PSA test is often thought of for prostate cancer, 25-50% of men with BPH will have an elevated total PSA. So the laboratory picture for men with BPH is as follows: PSA can be normal or increased, other renal indicators like BUN (Blood Urea Nitrogen), uric acid, and electrolytes may be normal; however, if the creatinine is a 1.2 or higher on a male over 40,

prostate hypertrophy must be ruled out. Often the creatinine will increase long before the PSA increases. Let me repeat that "the creatinine will increase long before the PSA increases." Therefore creatinine is an important marker for men.

Other indicators for BPH are listed in the hand-out below but I wanted to emphasize the free PSA ratio and elevated creatinine. Because there are so many variables in the cause or causes of BPH and prostate cancer, the treatment should be multivariate.

Here are the nutrients supported by clinical feedback from physicians like yourself and the literature. \*A bio-available multivitamin mineral with sufficient zinc, selenium, saw palmetto extract, antioxidants, and the appropriate amino acids. The minerals and antioxidants protect against the heavy metals cadmium and mercury. The amino acids glycine, alanine, and glutamic acid as reported in the Maine Medical Journal have been used since the late 50's to reduce symptoms.

I like to use Biotic Research's Palmetto Plus with BPH. If patients have an increased cancer risk uses Palmetto-Plus Forte which has additional lycopenes. Many foods are able to decrease the conversion of testosterone to Dihydrotestosterone by inhibiting an enzyme named 5-alpha reductase. Saw Palmetto berries are perhaps the most well known and respected for reducing this conversion.

Omega 3 Fatty acids from small fish that are not exposed to heavy metals and PCB's are used to reduce systemic inflammation and increase cell membrane integrity. Add Liquid Iodine in sufficient amounts to correct iodine deficiencies and counteracts the chlorine, fluorine, and bromine in our food and water supply.

Dr. Brownstein's book, "Iodine, why you need it and can't live without it", reminds us that Japanese men have less prostate cancer when they live in Japan and ingest approximately 13 mg daily. Yet when they come to the United States and consume our iodine deficient diet, their cancer rate escalates to ours.

Kidney Support: Dr. George Goodheart helped Biotics Research develop an organic beet-and botanical blend of various sprouts, antioxidants, and amino acids that have proven very effective in the treatment of kidney/ bladder problems. The product is called Argizyme. You can see the link below for the exact doses and diet suggestions.

There's also a link below to review material that highlights in more detail the underlying factors and dietary considerations for this rising problem. Get ready to eliminate all dairy, alcohol, and gluten containing grains from the diet, at least temporarily. Also it is important not to drink excess fluids late at night as it increases urinary frequency and reduces the rejuvenating effects of deep sleep.

I suggest you not only talk to male patients, but let your female patients know you can help their spouse with prostate issues. Create visibility in your practice about prostate health and take advantage of the marketing that is already being done in the media. A wellness strategy is a healthier and better approach to this rising health risk; we just have to let our clients know that we can help.

Thanks for taking time to read this week's edition. I'll see you next week with another Tuesday minute.